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Tuesday



Iraqis pressed the U.S. not to leave too quickly.

Dire Warning: Iraqi leaders sound alarm on quick pullout | 7

Stormy Exit: Hurricane chief reassigned over satellite flap | 5



Star of Stars: Bonds is at home in the spotlight at All-Star Game | 19

ENTERTAINMENT

Theologian: Pope critic *Sinead O'Connor* has an album out titled 'Theology.' Also, Danny Boyle is interviewed.

>> 11-14



Weather >> Hot and Humid



98 | 77

FULL FORECAST ON PAGE 34

Bush Denies Access to Aides

President cites executive privilege in showdown on the Hill

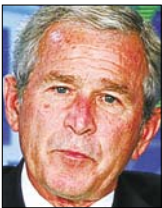
WASHINGTON | President Bush directed former aides to defy congressional subpoenas on Monday, claiming executive privilege and prodding lawmakers closer to their first contempt citations against administration officials since Ronald Reagan was president.

It was the second time in as many weeks that Bush had cited executive privilege in resisting Congress' investigation into the firings of U.S. attorneys.

White House Counsel Fred Fielding insisted

that Bush was acting in good faith in withholding documents and directing the two aides — Fielding's predecessor, Harriet Miers, and Bush's former political director, Sara Taylor — to defy subpoenas ordering them to explain their roles in the firings over the winter.

In the standoff between branches of government, Fielding renewed the White House offer to let Miers, Taylor and other administration officials meet with congressional investigators off the record and with no transcript.



Bush

He declined to explain anew the legal underpinnings of the privilege claim as the chairmen of the House and Senate judiciary committees had directed.

Sen. Arlen Specter, R-Pa., said the posturing was a waste of time and money and a distraction from the questions at hand: Who ordered the firings, why and whether Attorney General Alberto Gonzales should continue to serve or be fired. (AP)

A Cool Gift for Tai Shan's 2nd Birthday



TWO CUTE: Tai Shan claws at a frozen treat given to him for his second birthday on Monday at the National Zoo. Even D.C.'s most popular resident was searching for a way to stay cool as temperatures rose to the upper 90s. A three-day heat wave sparked a Code Orange air alert in the District Monday.

DESSERT | Fly in the Frosting A Tasmanian doughnut company found itself with a big hole in its image, the Mercury newspaper reported. The Coles catalog, packed with glossy, colorful images of the sweet snack, held horrors for those with



sharp eyes. Parked amid the sprinkles on a frosted yellow cupcake on page 16 is a small housefly. Who forgot to Photoshop this image? At least one person who commented on the story online didn't care: "It's a fly. Whoop-de-doo." (EXPRESS) **EyeOpeners** | Page 2

eyeOpeners

UNFORTUNATE

'They're Ancient Sumerian Fertility Symbols, Darn It!'

When the city of Keizer, Ore., installed 52 cement posts — meant to protect pedestrians from cars — for a total of \$20,000, city staffers did not expect them to be decried as obscene. Several residents have protested that the cylindrical, rounded-top posts resemble male genitalia, reported local station KOMO-TV. "I can't disagree with that," City Manager Chris Eppley told reporters, explaining that the posts looked much different in the catalog. First, the city intends to retrofit the offending structures with collars and chains connecting them to each other. If that doesn't look better, Eppley says, they'll swallow the considerable cost and take them down. (EXPRESS)



BABIES

'My Mommy, My Natural Enemy'

A stray kitten in Victoria, Texas, has adopted a dog as its mother, feeding from the dachshund in the morning, at night and after naps. "That's not going to happen very often," said veterinarian John Beck, who added that the kitten "got lucky" in finding a dog with such maternal instincts. The kitten, now named Tahoe, was found in Eunice Collins' Chevrolet Tahoe.

Four days later, she saw her dog, Lillie, feeding him. "I couldn't believe it," Collins said. "She has just taken Tahoe on as her baby and has been nurturing and taking care of him." Beck said having Tahoe in the house induced a false pregnancy in the dog. "It made the hormones needed to produce milk. ... I'm sure the cat obviously had it in mind the dog was [his] mother." (AP)



ALZARALDES/AP/GETTY IMAGES

EPHEMERAL

A Future Puddle

Parents think their overachieving little brats will grow up to be Rodin just because they molded vaguely dog-shaped blobs out of snow. While it's hardly destined to score a Turner Prize, this Bolivian man's snow llama makes your kids' work look like it belongs in the caves of Lascaux. Snow was unexpected in Bolivia this week, giving artists a chance to show off their far superior skills. (EXPRESS)

PREJUDICE

So, the Kid Smells Like Sulfur, Speaks Often of 'The Beast'?

The Hell family says it may tell a Catholic school in Melbourne, Australia, where to go after it objected to enrolling their son because of his name. Officials said the boy had been offered a place at St. Peter the Apostle School

in the southern city of Melbourne after discussions involving the principal, the parish priest and the family over his name. But Alex Hell said he would rather send 5-year-old Max elsewhere because the school balked at taking the boy over his family name. "We are the victims of our name," Hell said Monday. Hell said he and his wife approached St. Peter the Apostle School about enrolling Max because the boy was being bullied at his current school because

of his name. The Catholic school supported a plan to enroll Max using his mother's maiden name, Wembridge, but then withdrew its invitation when the parents changed their minds. The school backed down only when Hell took the issue to the media, he said. "The school has turned around and said Max can go there, but why would you want to go there after being victimized?" Hell said the surname means "bright." (AP)

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"It does shake you up. If this is still hanging around a year from November, it could cause me some trouble."

—Sen. Ted Stevens, R-Alaska, who is being investigated by the Justice Department

Nation

In Brief



Byron Halsey hugs one of his attorneys after charges against him were dropped.

ELIZABETH, N.J.

Man Will Not Face New Trial After 22 Years in Prison

Prosecutors in New Jersey said Monday they would not retry a man who spent 22 years in prison for the murder and rape of two children and was recently freed after DNA testing exonerated him. Byron Halsey, 46, was released from prison May 15 after a judge threw out his convictions. New DNA testing, not available when he was convicted in 1988, linked a neighbor to the crime. (AP)

FITCHBURG, WIS.

Body Tentatively Identified As Missing College Student

Investigators believe a body found in a field Monday is that of a college student who vanished last month in Madison, Wis., where the woman was last seen after a night out at the bars. Police found the body on private property in a wooded area dotted with homes. Dane County Coroner John Stanley said the body was tentatively identified as 22-year-old Kelly Nolan. (AP)

Official: Iraq Missed Reform Targets

Assessment could erode support for the president's war plan

WASHINGTON | A draft report to Congress on the war will conclude that the U.S.-backed government in Iraq has met none of its targets for political, economic and other reform, speeding up the Bush administration's reckoning on what to do next, a U.S. official said Monday.

One likely result of the report will be a vastly accelerated debate among President Bush's top aides

on withdrawing troops and scaling back the U.S. presence in Iraq.

The "pivot point" for addressing the matter will no longer be Sept. 15, as initially envisioned, when a full report on Bush's so-called "surge" plan is due, but instead will come this week when the interim mid-July assessment is released, the official said.

"The facts are not in question," the official said, speaking on condition of anonymity because the draft is still under discussion. "The real question is how the White House proceeds with a post-surge strat-

Responding to Critics

→ President Bush will launch a new campaign emphasizing his intent to draw down U.S. forces in Iraq next year if security conditions improve. | **Today's AI**

IN The Washington Post

egy in light of the report."

As the White House prepared its first major progress report for Congress, war-weary Republicans are focusing their efforts on protecting unrelated anti-terrorism programs while Democrats are trying again

to pass legislation ordering troop withdrawals.

Simmering in the background is a growing sentiment among at least some Republicans that the U.S. strategy is failing and Bush should adopt a new policy before they must face their constituents during the August recess.

By week's end, senators are expected to vote on an amendment by Sen. Carl Levin, D-Mich., that would order troop withdrawals to begin in four months, with the goal of completing the pullout by spring 2008. (AP)

NEW YORK CITY | HEAT WAVES



BOMBS AWAY: Youngsters leap into the Thomas Jefferson Pool in East Harlem on Monday. With temperatures rising into the mid-90s and the heat index over 100 degrees, residents all over New York City were desperate to keep cool.

Report: Monthly Cost of Wars Totals \$12 Billion

WASHINGTON | The boost in troop levels in Iraq has increased the cost of war there and in Afghanistan to \$12 billion per month, and the total for Iraq alone is nearing a half-trillion dollars, congressional analysts say.

The figures were released by the nonpartisan Congressional Research Service, which provides research and analysis to lawmakers. The \$12 billion per month "burn rate" includes \$10 billion for Iraq and almost \$2 billion for Afghanistan, plus other minor costs. That's higher than Pentagon estimates earlier this year of \$10 billion per month for both operations. (AP)

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The total number, in thousands, of Pennsylvania government workers who were furloughed without pay on Monday because of a budget deadlock in the Legislature.

Nation

Hurricane Chief Removed

Director reassigned 4 days after his staff called for his ouster

MIAMI | The director of the National Hurricane Center was reassigned Monday, four days after many of the center's employees called for his removal because of his comments about an aging weather satellite.

More than 20 of Bill Proenza's nearly 50 staff members signed a statement last week urging federal officials to dismiss him. They said Proenza had undermined the public's confidence in the center by exaggerating the forecasting problems scientists would face if the satellite failed.

Anson Franklin, a spokesman for the National Oceanic and Atmospheric Administration, which oversees the hurricane center, would not say whether Proenza was ordered to take leave or voluntarily left the agency.

Proenza assumed the job in January, replacing longtime Director Max Mayfield. Among other issues,



Bill Proenza was removed as director of the National Hurricane Center on Monday. Staff at the center urged federal officials to replace him in a statement last week.

he was vocal about the need to replace the aging QuikScat satellite used by hurricane forecasters. But the center's staff said Proenza's comments undermined confidence in their predictions.

Rep. Ron Klein, who is pushing for a bill that would pay for a new satellite, issued a statement saying

he was concerned about the timing of Monday's announcement.

"While it is not my responsibility to get in the middle of personnel issues, losing the head of the National Hurricane Center right in the middle of hurricane season greatly concerns me," Klein wrote.

JESSICA GRESKO (AP)



The NAACP holds a symbolic burial for the "N-word" on Monday in Detroit.

NAACP Buries Slur in Ceremony

DETROIT | Hundreds of onlookers cheered Monday as the National Association for the Advancement of Colored People put to rest a long-standing expression of racism by symbolically burying the "N-word." Two Percheron horses pulled a pine box adorned with a bouquet of fake black roses in the ceremony. The NAACP has been campaigning against the casual use of the "N-word" because of its painful history as a racist epithet in America. (AP)

Democrats Drop Union Fight to Revive 9/11 Bill

Legislation had stalled because of veto threat from President Bush

WASHINGTON | Congressional Democrats on Monday dropped their demand for union bargaining rights for airport screeners, hoping to revive anti-terrorism legislation that had stalled because of a presidential veto threat.

Senate Majority Leader Harry Reid of Nevada made the announcement on the Senate floor as he called for House and Senate negotiators to begin reconciling bills implementing the July 2004 recommendations of the 9/11 commission.

The legislation has been a Democratic priority, but it had stalled because of a presidential veto threat over allowing airport screeners to



Reid

have bargaining rights.

Because of the veto threat, neither the House nor the Senate will consider the legislation if "it contains collective bargaining provisions which I have committed to drop, as has the speaker," Reid said.

"We want to move the 9/11 bill forward and get to conference quickly," said Brendan Daly, spokesman for House Speaker Nancy Pelosi of California.

The current House and Senate bills would put in place security upgrades on railroads, airlines, buses, trucks and pipelines, as recommended by the 9/11 commission. JESSE J. HOLLAND (AP)

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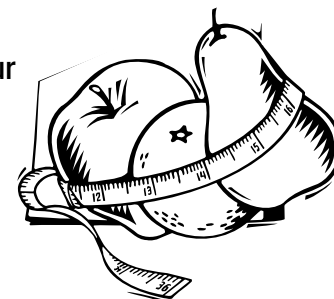
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Nation

19

The total number of Americans, in millions, who tuned in to watch the Live Earth concerts on TV over the weekend, according to Nielsen Media Research.



Varenicline, a drug made by Pfizer Inc., has been shown to help people stop smoking and may help curb drinking problems.

Drug Could Curb Drinking

Study finds pill used to fight smoking may combat another vice

WASHINGTON | Bar-hoppers everywhere discovered long ago that smoking and drinking go hand-in-hand.

So, why not a single pill that helps curb the two vices?

A drug called varenicline may be the answer. The tablets already have been shown to make smoking less rewarding for some. Preliminary work, done in rats, suggests they could do the same for drinking.

"The biggest thrill is that this drug, which has already proved safe for people trying to stop smoking, is now a potential drug to fight alcohol dependence," said Selena

HOW IT WORKS

→ Varenicline works by latching onto the same receptors in the brain that nicotine binds to when inhaled in cigarette smoke, an action that leads to the release of dopamine in the brain's pleasure centers.

→ The new study suggests nicotine and alcohol act on the same locations in the brain. But several experts not involved in the study cautioned that there is no such thing as a magic cure-all for addiction.

Bartlett, a University of California, San Francisco neuroscientist who led the study.

Pfizer Inc. developed varenicline specifically as a stop-smoking aid

and has sold it in the United States since August under the brand name Chantix. Pfizer provided the drug for the new study, but was not otherwise involved in the research.

"This is a drug that people are actually using. That's not trivial — not at all," said Mark Egli, co-leader of the medications development program at the NIAAA, part of the National Institutes of Health.

Just as varenicline doesn't work for all smokers, it's highly unlikely it would work for all drinkers.

"Is this going to be a cure-all? No, not for smoking or alcoholism, because both diseases are more complicated than a single target or single genetic issue," said Allan Collins, a professor of pharmacology at the University of Colorado who was not connected to the study. (AP)

Army Recruitment Comes Up Short

WASHINGTON | The Army failed to meet its recruiting goal in June, raising concerns that the unpopular Iraq war and strong economy could wreak even more havoc on enlistments.

Army officials acknowledged Monday that the service missed

its recruiting target for the second month in a row but would not provide exact numbers. But two defense officials said the Army fell short of its 8,400 goal by about 15 percent.

Last month, the Army said it recruited 5,101 new soldiers in May, about 7 percent short of its

5,500 goal for that month.

Army spokesman Col. Dan Baggio said the Army is still on track to meet its annual goal of 80,000 recruits for the fiscal year that ends Sept. 30, since it exceeded targets earlier in the year.

But, he added, "This is not necessarily a rosy picture. We're not taking this lightly." (AP)



ON THE SCENE: Disney's first venture into localized Chinese content earned more than \$1 million at Chinese box offices in its first week. "The Secret of the Magic Gourd" still lagged "Pirates of the Caribbean: At World's End" and "Spider-Man 3" in terms of first week receipts in China, though.

World

In Brief

VIENNA, AUSTRIA

U.N. Nuclear Watchdog OKs Sending Mission to N. Korea

The U.N.'s nuclear agency on Monday approved sending experts to North Korea to supervise the shut-down of its plutonium-producing reactor, the agency's chief, Mohamed ElBaradei, said. The International Atomic Energy Agency's board of governors approved the mission at a special session focused on an IAEA report compiled by the agency's deputy director general after a visit late last month to the North's plutonium-producing Yongbyon facility. (AP)



A Bosnian Muslim woman weeps over coffins of victims of the 1995 massacre.

BOSNIA-HERZEGOVINA

Srebrenica Burial Planned On Anniversary of Massacre

Trucks loaded with the remains of 465 victims of Europe's worst massacre since World War II were being transported to the eastern Bosnian town of Srebrenica on Monday. They will be buried during Wednesday's ceremony marking the 12th anniversary of the killings, in which Serb forces who overran the town in 1995 slaughtered 8,000 Muslim men and boys over several days. (AP)

KABUL, AFGHANISTAN

Soldier Opens Fire on Base, Killing 4, Injuring 12 Others

An Afghan soldier opened fire inside a military base Monday, killing four Afghans and wounding 12 others, including an American soldier, while a U.S.-led coalition raid in the east killed a Taliban leader and two children, officials said. Afghan authorities, meanwhile, showed off a captured 14-year-old boy from Pakistan whom officials said had intended to set off a suicide bomb against an Afghan governor. (AP)

Iraqis Warn on Hasty U.S. Pullout

Leaders say rushed troop withdrawal may lead nation to collapse

BAGHDAD | Iraqi leaders warned Monday the country could collapse if American troops leave too quickly as pressure mounts in Washington to draw down U.S. combat forces. More threats to Iraqi stability could also be looming to the north, with Turkish forces gathering in a possible prelude to a cross-border attack against Kurdish rebels.

Iraq's Foreign Minister Hoshiyar Zebari said Turkey has massed 140,000 soldiers near Iraq — a figure immediately disputed by the Bush administration, which said satellite photos indicated no such buildup. The Turkish military had no comment on Zebari's remarks, and it was unclear where he got the figures.

The White House said President Bush is not considering a withdrawal of U.S. forces from Iraq now despite an erosion of support among Republicans for his war policy. A report is expected by Sunday on whether the Iraqi government is meeting political, economic and security benchmarks that Bush set in January.



COMMON CAUSE: Protesters hoist Iraqi flags as Shiites loyal to Muqtada al-Sadr call Monday for the release of a detained cleric.

Iraq's foreign minister warned that a speedy U.S. military withdrawal could lead to all-out civil war, the collapse of the government and spread conflict across the Middle East.

"We have held discussion with members of Congress and explained to them the dangers of a quick pull-out and leaving a security vacuum,"

Zebari told reporters. "The dangers could be a civil war, dividing the country, regional wars and the collapse of the state."

That sentiment was echoed by leading political figures from the Sunni Arab community, the group that had been the least supportive of the U.S. presence following the collapse of Saddam Hussein's Sunni-

dominated government in 2003.

Sunni legislator Adnan al-Dulaimi said a quick U.S. departure would "destroy Iraq" and that the American presence was necessary to "keep a balance between Iraqi sects" after the wave of Shiite-Sunni reprisal killings which plunged the country to the brink of all-out civil war last year. BASSEM MROUE (AP)

4 Convicted in '05 Britain Bomb Plan

Men found guilty of conspiracy to murder in botched transit plot

LONDON | Four Muslim militants were convicted Monday of plotting to bomb London's public transport system July 21, 2005 — an attack with deliberate echoes of suicide bombings that killed 52 commuters two weeks earlier.

The jury continued to deliberate the cases of two other defendants.

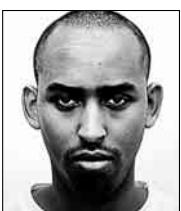
Inspired by al-Qaeda, the six were accused of taking part in a plot to detonate explosives-laden backpacks on subway trains and a bus, as in the July 7, 2005, attacks. The bombs, made from a mix of hydrogen peroxide and flour,



Ibrahim



Mohammed



Omar



Osman

failed to explode, and no one was injured.

Unlike the July 7 bombers, who were British-born Muslim radicals, those in the July 21 plot came to Britain as young men from places like Eritrea, Ethiopia and Somalia in the war-ravaged Horn of Africa. Some became British citizens, others had refugee status.

The jury unanimously found Muktar Said Ibrahim, 29; Yassin

Omar, 26; and Ramzi Mohammed, 25, guilty of conspiracy to murder. Several hours later, the jury convicted Hussain Osman, 28.

All six suspects denied the charges, arguing the devices were intentional duds and their action was a protest against the Iraq war. Police and prosecutors said scientific tests proved the bombs were all viable, although it wasn't clear why they did not work. TARIQ PANJA (AP)

Parisians More Polite? Mais Oui

PARIS | Their city is the world's No. 1 tourist destination, yet Parisians sometimes seem downright grumpy about it.

On Monday, city officials set out to change that, urging cab drivers to smile and telling waiters to try out their English. Tourists, too, were given tips like "try out French products" instead of heading to the first Starbucks in search of friendly service, part of the launch of a new annual event dubbed Paris Tourist Day.

Paul Roll, director of the Paris Tourism Office, said the campaign was aimed at making Parisians understand how important tourism is to the economic growth of Paris. (AP)

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American Journal of Hypertension, January, 2005
American Journal of Cardiology, May, 2005

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World

1.5

The distance, in miles, the average Dutch person biked per day in 2006, official statistics reveal. The country of 16 million is known for its love of using bicycles for transport.



FOOD FIGHT: A worker at a market in Harare stands next to an empty refrigerator after a run on goods last Wednesday, July 4.

Bare Shelves in Zimbabwe

Government-enforced price cuts leave stores lacking in key supplies

HARARE, ZIMBABWE | Cars no longer line up at gas stations because there's no fuel for sale. Gone are the meat, bread and cornmeal that Zimbabweans count on for their meals. Two weeks after the government ordered price cuts in response to the country's rampant inflation, the economy is coming to a standstill.

More than 30 company executives have been arrested for hoarding goods and flouting the price cuts, and several have been fined up to \$6,600, court officials said Monday. Among those rounded up were executives of a leading clothing

retailer and two directors of Zimbabwe's main food distributor and fast-food chain.

The sudden drop in prices had led to panic buying, stampedes and near-riots, leaving shelves bare of staple foods.

Witnesses said many shops and suppliers were cleaned out by convoys of ruling party supporters who came in after police and inspectors enforcing the price cuts.

Businesses reported higher numbers of workers failing to arrive at their jobs.

"We are incurring huge losses. We can't go on like this for much longer," said one industrialist. "We'll have to lay off quite a number of our people very soon," he said. "We've shot ourselves in the foot this time."

He asked not to be identified for fear of retaliation.

Official inflation is running at 4,500 percent — the highest in the world — though independent financial institutions estimate real inflation is closer to 9,000 percent.

The government has admitted to printing extra money — seen as a main cause of inflation and an obstacle to South Africa's reported offer to shore up Zimbabwe's collapsing dollar by pegging it to the South African currency.

As the crisis worsens, Zimbabweans may resort to looting, economist John Robertson said.

"I think the government will finally unleash the impatience and the anger of our normally agreeable and passive population," he said. **ANGUS SHAW (AP)**

Negotiators Bid to End Mosque Siege

ISLAMABAD, PAKISTAN | Islamic scholars and a former prime minister started negotiating through cell phones and loudspeakers with militants holed up in a mosque in Pakistan's capital on Monday, hoping to end the standoff and protect women and children inside.

At least 24 people have died since gunbattles broke out last week between security forces and

supporters of hard-line clerics who have tried to impose Taliban-style rule in Islamabad through a six-month campaign of kidnappings and threats.

After a botched commando raid on the high-walled compound over the weekend, President Gen. Pervez Musharraf assigned former Prime Minister Chaudhry Shujaat Hussain to try to negotiate a peaceful

end to the standoff.

Information Minister Mohammed Ali Durrani said negotiators did not enter the mosque because of safety concerns, but contacted mosque leader Abdul Rashid Ghazi using loudspeakers and a cell phone.

Six parents who had entered the mosque to look for their children had not returned, Durrani said. About 150 women and children are believed to be inside. **(AP)**

54

The number of turkeys, in thousands, that will be destroyed at a Virginia farm after the discovery of avian influenza in a flock set to be sold at West Virginia's annual poultry festival. The five-day event has been canceled.

Local

In Brief

FREDERICK, MD.

8-Year-Old Boy Dies in ATV Accident After Hitting Tree

An 8-year-old Mount Airy boy died in an all-terrain vehicle crash Sunday night. According to Cpl. Jennifer Bailey, Dominick Gonzalez was killed when the driver of the ATV, an adult family member, lost control and hit a tree. They were driving through a private field in the 3100 block of Buffalo Road near New Windsor. Gonzalez, who was wearing a helmet, was pronounced dead at the scene from the injuries caused by the crash. (AP)

COLONIAL BEACH, VA.

Virginia to Install Monitoring Station in Potomac River

Virginia plans to install a monitoring station in the Potomac River that will help boaters and fishermen while assisting marine biologists studying the Chesapeake Bay and its tributaries. The monitoring station is planned at the mouth of Monroe Bay in a section of the Potomac plagued by fish kills. It will collect water-quality information every 15 minutes and post it on a Virginia Institute of Marine Science Web site. (AP)

BALTIMORE, MD.

University of Maryland Given \$43M AIDS Grant

The Institute of Human Virology at the University of Maryland School of Medicine has received a \$43 million federal grant to help fight AIDS in Nigeria. The money from the President's Emergency Plan for AIDS Relief will be used to treat 48,000 patients in Nigeria and to expand HIV testing and counseling to an additional 100,000. (AP)

HEARSAY | LOTTERY

"For a number combination to sell out in four consecutive drawings, that's very rare."

—JOHN HAGERTY, VA LOTTERY SPOKESMAN
ON THE NUMBER COMBINATIONS "7-7-7"
AND "7-7-0-7" SELLING OUT IN BOTH PICK 3
AND PICK 4 GAMES FOR THE DAY AND NIGHT
DRAWINGS ON JULY 6 AND 7.

Jury Awards \$260K in Iverson Suit

Money covers medical bills of men who say entourage beat them

WASHINGTON | A federal jury awarded \$260,000 on Monday to one of two men who sued NBA star Allen Iverson after they say they were beaten by his entourage at a Washington nightclub.

The jury's decision against Iverson and his bodyguard, Jason Kane, covers bar patron Marlin Godfrey's medical bills and pain and suffer-

ing. But the total award could be much higher because the jury was still weighing punitive damages.

Godfrey and another patron, David Anthony Kittrell, sued the Denver Nuggets guard for \$20 million, claiming they were beaten by his entourage in 2005. The attacks, they said, followed their refusal to vacate the club's VIP section for Iverson.

The jury found that Kane was liable for assaulting Godfrey, who was awarded \$250,000 for pain and suffering, and \$10,000 for his

medical bills. Iverson was found negligent for failing to supervise Kane. The jury did not find either of the men liable for assaulting Kittrell.

The nine-member jury in U.S. District Court deliberated for about 13 hours over three days before reaching its verdict.

The plaintiffs' lawyer, Gregory L. Lattimer, told jurors that puni-



Godfrey

tive damages were needed to send Iverson the message that he needs to take responsibility for the people who work for him. He also noted that Iverson earns \$23 million a year.

"If you're going to send a message to him, you have to take that into account," Lattimer said of Iverson's salary, "because he doesn't understand."

Iverson's lawyer, Alan Milstein, argued that additional damages were not warranted in the case.

STEPHEN MANNING (AP)

IN The Washington Post | D.C. ISSUES ORANGE ALERT



MANUEL BALCE CENET/AP

MONUMENTAL HEAT: Sisters Marisa, right, and Nneka Teleford of Trinidad shield themselves from the sun while walking toward the Lincoln Memorial Monday. Temperatures in the upper 90s prompted a Code Orange air alert.

❖ **Heat wave:** Temperatures force local towns to cut back | **Today's Metro**

4,300 Join Va. Tech Emergency System

BLACKSBURG, VA. | More than 4,300 students and employees have signed up for Virginia Tech's new emergency alert system, university officials said.

Subscribers can choose to be alerted to campus emergencies by phone, e-mail or instant-messaging. The sign-up period began July 2, one week before the school's first freshmen orientation session for the fall semester.

"Of course, this is just the begin-

ning," Tech spokesman Larry Hincker said. He said he expects more people will sign up as incoming students learn more about campus and as upperclassmen return from summer break.

The university began looking at such a system after an escaped prisoner interrupted the start of the fall 2006 term. The university was in the process of selecting a vendor for the system when the April 16 shootings left 33 people dead. (AP)

The Lotteries

Monday, June 9

DISTRICT

Mid-day Lucky Numbers	3-0-0
Evening Lucky Numbers	1-5-6
Mid-day DC 4	8-2-2-2
Evening DC 4	2-1-1-5
Rolling Cash Five	21-35-5-11-9
Daily 6	21-4-25-17-5-26 Bonus: 23

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	5-0-4
Evening Pick 3	7-9-4
Mid-day Pick 4	7-3-0-4
Evening Pick 4	1-0-4-5
Match 5	2-3-6-18-38 Bonus: 19

VIRGINIA

Mid-day Pick 3	9-4-5
Evening Pick 3 (Sun.)	1-2-4
Mid-day Pick 4	8-4-6-1
Evening Pick 4 (Sun.)	7-4-5-0
Mid-day Cash 5	2-8-21-27-31
Evening Cash 5 (Sun.)	5-15-21-27-33

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Money

Borrowing Jumps in May

Increase in consumer credit data is double analysts' predictions

WASHINGTON | Consumer borrowing posted a hefty increase in May, reflecting the biggest jump in credit card debt in six months.

The Federal Reserve reported Monday that consumer credit rose at an annual rate of 6.4 percent in May, far above the small 1.1 percent gain of April. The advance was about double what analysts had been expecting.

The increase was propelled by a surge in the category that includes credit cards, which rose at a rate of 9.8 percent in May after having a tiny increase of 0.2 percent in April.

The jump in credit card debt was the largest since a 14.5 percent rate of increase in November.

The category of consumer credit that includes auto loans was also up in May, rising at a 4.4 percent rate after a 1.7 percent gain in April.

The size of the increase caught economists by surprise, although they had been expecting a pickup from the sluggish performance in May, when the 1.1 percent rise in overall credit was the smallest gain since a 0.1 percent rise in October.

The overall economy, weighed down by a steep slump in housing, grew at a lackluster rate of 0.7 per-

cent in the January-to-March quarter, the weakest showing in more than four years.

But economists believe strength in employment and consumer spending will help provide a stronger performance in the April-June quarter, with many looking for the gross domestic product to expand at a rate of 3.5 percent or even better.

For May, consumers increased their borrowing by \$12.9 billion to a record level of \$2.44 trillion. Economists had been forecasting that consumer borrowing would rise by a much smaller \$6.5 billion.

MARTIN CRUTSINGER (AP)

Money talk: The Post's Martha M. Hamilton and Laura Barnett Lion of Barnett Financial on smart retirement planning | washingtonpost.com/liveonline at noon

In Brief

CHICAGO Longtime Financial Rivals Set to Merge in \$11.9B Deal

The Chicago Board of Trade got the final go-ahead from shareholders Monday to join forces with its longtime rival in an \$11.9 billion deal that will end its 159 years of independence but could make the combined all-Chicago company the

world's biggest exchange. The offer by Chicago Mercantile Exchange Holdings Inc. to buy one of the nation's oldest and largest financial institutions won approval at a shareholder meeting after four months of back-and-forth bidding involving upstart Intercontinental-Exchange Inc. (AP)

SAN FRANCISCO Google Buys E-Mail Security Firm Postini for \$625M

Google Inc. is buying e-mail security

specialist Postini Inc. for \$625 million, fortifying the Internet search leader's effort to sell online software services to corporate customers seeking alternatives to Microsoft Corp.'s products. The all-cash deal announced Monday is aimed at reassuring large businesses that have had qualms about entrusting Google to oversee their e-mail and other applications because of security concerns. Postini and Google formed a partnership in April, paving the way for the deal. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
SequaA	173.24	+59.72	+52.6
SequaB	173.16	+59.41	+52.2
Valhi s	20.67	+3.97	+23.8
KBR Inc n	31.23	+3.63	+13.2
Cummins s	117.64	+11.15	+10.5

Losers

Mdbklns	9.64	-1.32	-12.0
Levitt	9.58	-.85	-8.1
Lexmark	46.25	-3.15	-6.4
IntPoly	4.16	-.24	-5.5
TelMexL	38.86	-2.00	-4.9

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
AlnylamP	23.12	+7.92	+52.1
FstIndiana	31.27	+9.22	+41.8
WHeart rs	2.25	+4.44	+24.3
FstSolar n	119.34	+23.05	+23.9
Iomai	1.83	+0.7	+4.0

Losers

Iridex If	4.21	-.67	-13.7
RosettaR	19.25	-2.66	-12.1
NuHoriz	11.85	-1.57	-11.7
ChildPlc If	46.42	-6.12	-11.6
ElecOptSci	5.82	-.65	-10.0

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.20	5.31
3-month disc	4.815	4.79
2-year	4.96	4.84
10-year	5.15	4.99
30-year	5.24	5.10

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4963	.4974	.5401
Canadian Dollar	1.0484	1.0496	1.1137
European Euro	.7341	.7341	.7804
Japanese Yen	123.33	123.40	113.91
Mexican Peso	10.7582	10.7673	11.0200
Taiwanese Dollar	32.77	32.91	32.33

DOW	NASDAQ	S&P 500
+38.29	+3.51	+1.41
+0.28	+0.13	+0.09
13649.97	2670.02	1531.85

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	54.55	-.27	-20.1
Amylin	42.68	+.40	+18.3
BiogenIdc	54.78	+.28	+11.4
Celgene	59.04	+.96	+2.6
ChRvLab	52.61	+.07	+21.6
Genentch	75.76	+.66	-6.6
Genzyme	59.81	-1.04	-2.9
GileadSci s	39.37	+.25	+21.3
Imclone	36.88	-.25	+37.8
Invitrogn	74.04	-.12	+30.8
MillPhar	10.62	+.11	-2.6
PDL Bio	23.44	-.03	+16.4
QIAGEN	18.27	-.18	+20.8
Techne	56.97	+.25	+2.7
VertxPh	28.44	-.30	-24.0



CONSPIRING WITH VAL: Maybe you remember Jennifer Esposito from "Crash," maybe you don't. Either way, the actress will surely become better-known when she stars across from Hollywood hottie Val Kilmer in the indie flick "Conspiracy."

Entertainment

Here Comes the Sun

The man who made 'Trainspotting' talks about his 'Sunshine'

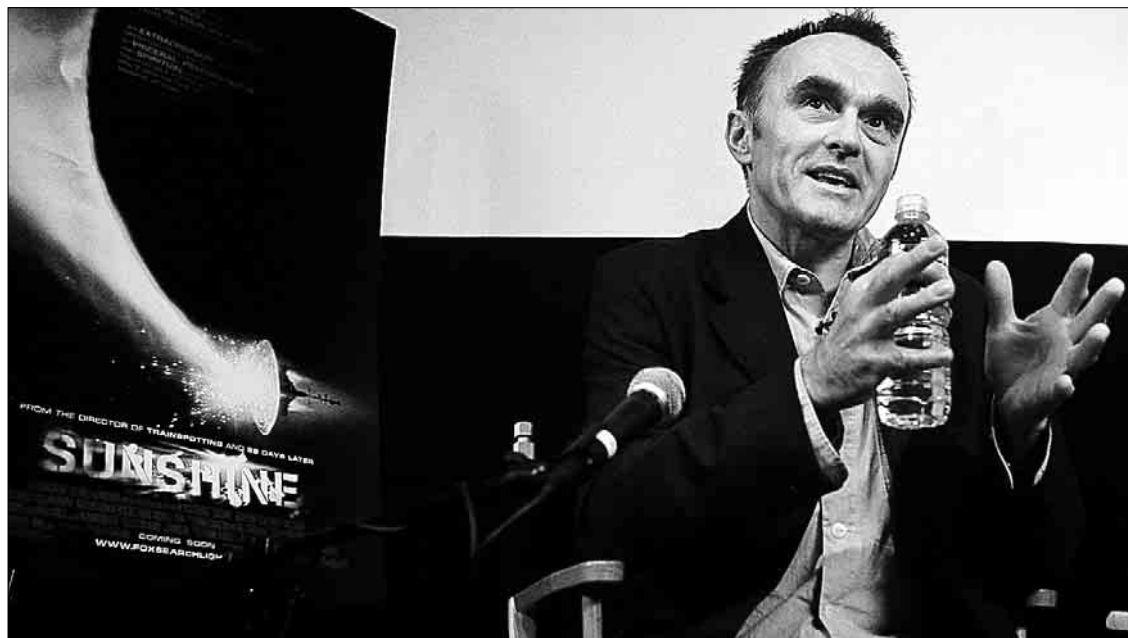
DIRECTOR | Danny Boyle is one of those rare filmmakers who switches genres with ease, focusing on such varied topics as zombies, drug addicts and lovers on the lam. For his latest film, the director behind "Trainspotting" and "28 Days Later" decided to tackle the so-called final frontier: space.

His epic sci-fi adventure "Sunshine" takes place 50 years in the future and focuses on a team of astronauts and scientists on a mission to reignite the dying sun. The film is set to be released in theatres nationwide July 20 by Fox Searchlight Pictures.

Recently, Boyle chatted with Back Stage about sci-fi influences and his love of actors.

How did this project come about for you?

After [writer Alex Garland and I] did "28 Days Later," I went off to make a little film called "Millions," and while I was doing it, Alex sent me a script, the first draft of this thing called "Sunshine." I just thought it was wonderful. I thought it had this amazing idea in it, really, which is the sun. There hasn't really



FROM EDINBURGH TO SPACE: Danny Boyle has directed a disparate group of films and this time goes above and beyond.

been a film about the sun, ever — or it didn't seem like [there had]. And yet it's everything in our lives. Everything is irrelevant compared to it. We spent a year working on it; Alex must have done about 30 drafts. Then we set about seeing if we could make it. We wanted to make it very much in the way we'd made "28 Days Later."

Are there any science-fiction films in particular that influenced you? There are three. They influence

you, they inspire you, and they kind of terrify you at the same time. There's "Alien," there's "2001," and then there's the [Andrei] Tarkovsky film "Solaris." Those are three titans that kind of hover over you.

How did you assemble this amazing cast?

It was a dream come true, really. This is one of the things that's extraordinary about space movies: You can have an international cast

where nationality isn't an issue. As a human race, [when it comes to space], we've managed to cooperate. We haven't sectionalized space yet like we have the planet. We started looking for really good actors from all over the world. This was fun, since I've always been envious of actors. Actors will often move from doing one film to doing something completely different, and you think, "That must be quite cool, actually."

SARAH KUHN (BACK STAGE WEST)

Going Ga Ga for Spoon

The indie band adds mainstream appeal to its alt-rock sound

MUSIC | Spoon's songs have been featured on TV shows ("The O.C." and "Veronica Mars") and in films ("Stranger Than Fiction"). With their sixth studio album, the alt-rockers from Austin, Texas, could score something even more elusive: a bona fide summer hit.

There are several candidates

on "Ga Ga Ga Ga Ga," (Merge) the band's most accessible album yet. Most radio-friendly is "The Underdog," a tune that inspires instant toe-tapping. Rich with horns, handclaps and acoustic guitars, it's an upbeat anthem for the overlooked.

"You've got no fear of the underdog," songwriter-guitarist Britt Daniel sings. "That's why you will not survive."

A warning to closed-minded music execs and radio programmers, perhaps?



Will the Austinites break out of their underground shell and score a hit?

Daniel and his bandmates — drummer Jim Eno, bassist Rob Pope and keyboardist Eric Harvey — address their perceived lack of

mainstream marketability on the tongue-in-cheek "Finer Feelings."

"Sometimes I think that I've found love, one that's going to change my heart," Daniel sings. "I find it in commercial appeal."

"You Got Yr Cherry Bomb," with its horns and xylophone flourishes, is another catchy song with hit potential. That's not to say that Spoon has gone all pop. The same introspective lyrics, layered guitars and moving harmonies that characterized its earlier work is still prevalent.

The quartet stretches its musical boundaries on "The Ghost of You Lingers," an ethereal track marked by staccato piano and heavy reverb. SANDY COHEN (AP)

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

AN AMERICAN IN PARIS He's Got Rhythm



In 1928, George Gershwin composed a piece that inspired the classic "An American in Paris." The film, starring dance legend Gene Kelly and actress Leslie Caron, is a musical that features an 18-minute ballet number between the two and is set to Gershwin's piece. Get lost in movie love and old-time tunes such as "I've Got Rhythm" at tonight's screening.

→ *Smithsonian American Art Museum, Eighth and F Streets NW; 5 p.m., free; 202-633-7970. (Gallery Place-Chinatown)*



GIST

What D.C. Stands For

These D.C. natives are on the backstage tonight, sharing a bill with Lemonface and Malonius. The post-punk rockers are influenced by a variety of cultures and musical genres and are ready to share their new album, proudly titled "Diesel City."

→ *Black Cat, 1811 14th St. NW; 9 p.m., \$8; 202-667-7960. (U St.-Cardozo)*

HIP-HOP THEATER FESTIVAL Three Olives, Please

The second night of the festival features oLive Dance Theatre, the three-man show that blends folk art forms and multimedia production to bring you a show they describe as a journey of dance and hip-hop theater.

→ *Millennium Stage, Kennedy Center, 2700 F St. NW; 6 p.m., free; 202-724-5613. (Foggy Bottom)*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Entertainment



HOW TO GET FIRED: Uma Thurman will star in an HBO Films/BBC co-production titled "My Zinc Bed," from a screenplay by David Hare (writer of "The Hours"). The basic plot: A big lush gets involved (or obsessed) with his boss' wife.

Incomparable Sinead

The controversial singer maintains her small, loyal fan base

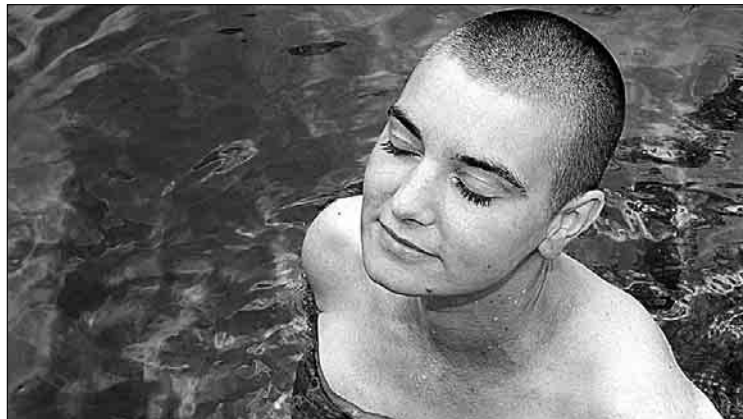
HYMNS | Every serious music buff has a secret love. The unmanageable kind, as expressed in Doris Day's hit of that name: a passion that lives in the heart of you and grows impatient to be free but awaits those moments when the whole unfurling won't be too darn embarrassing.

Maybe you're a metalhead who listens to Diana Krall in your bedroom late at night or the only person in your group who's still really into the Black Crowes.

This reporter's secret love is

Sinead O'Connor. It's an open secret; when asked about favorite artists, she is mentioned, but without elaboration. If one of her efforts pops up on my year-end best-of list, I like to think others would find it exceptional, too. But the truth is that I love everything O'Connor does, even her missteps.

In the 1980s, O'Connor stood for defiant post-punk femininity, her shaved head and glorious wail signaling a new way to feel freedom. But after her one major international hit, her 1990 version of the Prince-penned "Nothing Compares 2 U," O'Connor became a difficult case. She ripped up a photo of Pope John Paul II during a 1992 "Saturday Night Live" appearance,



LIAM SWEELEY

WAILING OXYMORON: Sinead O'Connor ripped up a photo of the pope on national TV. Now she's released an album called "Theology," with lyrics from the Bible.

making herself an outcast among mainstream entertainers without making clear the reason for her her-

esy. From there, the controversies multiplied, and it became awkward to be her fan.

She bore four children by four fathers. She was ordained as a priest within a Catholic splinter group but refused to share details of her vocation. Now she's releasing "Theology," her second album since she announced she would record only "inspirational" music.

This double-disc set is likely to gain her few new listeners. Its lyrics come straight from the Old Testament. The music, half Irish traditional and half gentle rock, contains few hooks or concessions to fashion. Most songs appear twice, as if O'Connor can't stand the thought of her Word not being fully absorbed. None of it's accessible, unless you've got your King James Version on the bed stand.

"Theology" is exactly the kind of release O'Connor's fans treasure, though they never would try to push it on a skeptic. That would entail contextualization, and there's nothing in this music that expresses the desire for that. ANN POWERS (LA TIMES)

Advertisement

Special Report solves the "My home isn't selling" problem

WASHINGTON METRO – A "Special Report" explodes what its author exposes as "The myth of slow home sales." In fact, the Report explains, in clear and plain English, how a home owner who wants to sell can not only count on a sale within 120 days but can be guaranteed that the sale will occur.

The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and at a favorable price.

The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio.

Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site – www.WantItSoldNow.com.

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ONCE (R) - ID REQ'D DIG (310) 925
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1100) PM
SPIDER-MAN 3 (PG-13) DIG (1159) PM
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Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159 1159 1159
TRANSFORMERS (PG-13) DIG ★ (830 1000 1240 110 350 420) 700 730 1010 1040

LICENSE TO WED (PG-13) DIG (830 1000 1240 110 350 420) 700 730 1010 1040
RATATOUILLE (G) DIG (1200 115 145 245 415 445 530) 715 745 1030
LIVE FREE OR DIE HARD (PG-13) DIG (1245 145 400 445) 700 745 1000 1045
1408 (PG-13) DIG (100 315 545) 815 1045
EVAN ALMIGHTY (PG) DIG (1245 315 545) 815 1045
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1200 320 500) 715
OCEAN'S 13 (PG-13) DIG 815 1045
KNOCKED UP (R) - ID REQ'D DIG (1230 330) 730
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG 950 PM

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★
Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
LICENSE TO WED (PG-13) DIG (830 1230 245 500) 745 1000
TRANSFORMERS (PG-13) DIG ★ (830 1000 1240 110 350 420) 700 730 1010 1040
RATATOUILLE (G) DIG (945 1015 1245 115 345 415) 645 715 930
LIVE FREE OR DIE HARD (PG-13) DIG (1000 100 400) 730 1030
1408 (PG-13) DIG (1030 100 330) 800 1030
EVAN ALMIGHTY (PG) DIG (1030 130 430) 745 1015
NANCY DREW (PG) DIG (945 1230 400)
OCEAN'S 13 (PG-13) DIG 700 945
KNOCKED UP (R) - ID REQ'D DIG (1015 115 415)
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159 PM

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★
Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG ★ (1220 340) 700 1020
TRANSFORMERS (PG-13) DIG ★ (1250 120 150 310 410 440 510)
LICENSE TO WED (PG-13) DIG (1210 250 515) 740 1005
RATATOUILLE (G) DIG (1050 110 110 140 210 400 430 500) 850
LARRY (PG-13) ★ (1220 1010)
LIVE FREE OR DIE HARD (PG-13) DIG (115 145 420 450) 720 1030
1408 (PG-13) DIG (1105 135 405) 640 910
EVAN ALMIGHTY (PG) DIG (1055 125 325) 635 905
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1245 345 645 945)
OCEAN'S 13 (PG-13) DIG (130 445) 745
SURF'S UP (PG) DIG (1110) AM
KNOCKED UP (R) - ID REQ'D DIG (1100 200 505) 810
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG PM
SHREK THE THIRD (PG) DIG (1150) AM
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159 PM

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★
Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159 1159 1159
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG ★ (1240 350) 700 1010
TRANSFORMERS (PG-13) DIG ★ (110 140 420 450) 730 800 1040
LICENSE TO WED (PG-13) DIG (1245 300 515) 730 1015
RATATOUILLE (G) DIG (1100 120 150 400 430) 720 1000
LIVE FREE OR DIE HARD (PG-13) DIG (145 415 445) 715 745 1015
1408 (PG-13) DIG (130 430) 715 1005
KNOCKED UP (R) - ID REQ'D DIG (145 445) 740
EVAN ALMIGHTY (PG) DIG (1130 200 425) 700 930
1408 (PG-13) DIG (1215) 800
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1200 230 500) 730
OCEAN'S 13 (PG-13) DIG 945
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG 705

Times For 7/10/07 Daily Bargain Matinees In () OC= Open Captioned DA= Descriptive Audio Available

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★ 1159
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ (1230 330) 640 920
RATATOUILLE-DIGITAL PROJECTION (G) DIG (1130 1200 100 210 240 410 450 520) 710 740 810 950
ONCE (R) - ID REQ'D DIG (1215 245 515) 745 1015
EVENING (PG-13) DIG (1220 400) 720 1010
EVAN ALMIGHTY (PG) DIG (1145 215 445) 730 1000
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1245 340) 645 915
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1140 1250 200 350 430) 700 730 800 1000

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★
Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
LICENSE TO WED (PG-13) DIG (1210 1240 110 140 320 350 420 450) 630 700 730
TRANSFORMERS (PG-13) DIG ★ (1210 115 330) 630 715
EVENING (PG-13) DIG (1245 345) 645 950
RATATOUILLE (G) DIG (1230 115 330) 630 715
OC & DA: RATATOUILLE (G) DIG (1415) 1015
LIVE FREE OR DIE HARD (PG-13) DIG (1200 110 330 420) 700 745 1000 1045
1408 (PG-13) DIG (1215 245 515) 800 1030
EVAN ALMIGHTY (PG) DIG (145 415) 645 930
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1215 245 515) 745 1020
OCEAN'S 13 (PG-13) DIG (410) 1010
KNOCKED UP (R) - ID REQ'D DIG (1100) 715
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★
Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
LICENSE TO WED (PG-13) DIG (1100 130 430) 700 1000
TRANSFORMERS (PG-13) DIG ★ (1210 1240 110 140 320 350 420 450) 630 700 730
EVENING (PG-13) DIG (1230) 700 1000
RATATOUILLE (G) DIG (1100 100 400 500) 745
LIVE FREE OR DIE HARD (PG-13) DIG (1245 345) 715 1015
1408 (PG-13) DIG (115 445) 745 1020
EVAN ALMIGHTY (PG) DIG (100 400) 645 930
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1115 230 500) 800 1025
OCEAN'S 13 (PG-13) DIG 700 1000
KNOCKED UP (R) - ID REQ'D DIG (1230 330) 715 1010
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG 815
SHREK THE THIRD (PG) DIG (1115 145 415)
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159
OC & DA: RATATOUILLE (G) DIG (200) 1035

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★
Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG ★ (140 450) 800
LICENSE TO WED (PG-13) DIG (1250 330) 740 1005
TRANSFORMERS (PG-13) DIG ★ (1240 110 320 350 420) 640 700 730 950 1010 1040
RATATOUILLE (G) DIG (1150 1230 100 250 330 340) 650 745
LIVE FREE OR DIE HARD (PG-13) DIG (1240 310 340) 645 725 940 1020
1408 (PG-13) DIG (1135 200 430) 720 955
EVAN ALMIGHTY (PG) DIG (120 400) 710 945
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1125 145 405) 750 1015
OCEAN'S 13 (PG-13) DIG 835
SURF'S UP (PG) DIG (1215) 800
KNOCKED UP (R) - ID REQ'D DIG (1225 340) 715 1025
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG 630 1000
SHREK THE THIRD (PG) DIG (1205)

ROCKVILLE TOWN CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★
Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159 1159 1159
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG ★ (1240 350) 700 1010
TRANSFORMERS (PG-13) DIG ★ (110 140 420 450) 730 800 1040
LICENSE TO WED (PG-13) DIG (1245 300 515) 730 1015
RATATOUILLE (G) DIG (1100 120 150 400 430) 720 1000
LIVE FREE OR DIE HARD (PG-13) DIG (145 415 445) 715 745 1015
1408 (PG-13) DIG (130 430) 715 1005
KNOCKED UP (R) - ID REQ'D DIG (145 445) 740
EVAN ALMIGHTY (PG) DIG (1130 200 425) 700 930
1408 (PG-13) DIG (1215) 800
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1200 230 500) 730
OCEAN'S 13 (PG-13) DIG 945
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG 705

ROCKVILLE TOWN CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★
Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159 1159 1159
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG ★ (1240 350) 700 1010
TRANSFORMERS (PG-13) DIG ★ (110 140 420 450) 730 800 1040
LICENSE TO WED (PG-13) DIG (1245 300 515) 730 1015
RATATOUILLE (G) DIG (1100 120 150 400 430) 720 1000
LIVE FREE OR DIE HARD (PG-13) DIG (145 415 445) 715 745 1015
1408 (PG-13) DIG (130 430) 715 1005
KNOCKED UP (R) - ID REQ'D DIG (145 445) 740
EVAN ALMIGHTY (PG) DIG (1130 200 425) 700 930
1408 (PG-13) DIG (1215) 800
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1200 230 500) 730
OCEAN'S 13 (PG-13) DIG 945
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG 705

ROCKVILLE TOWN CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★
Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159 1159 1159
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG ★ (1240 350) 700 1010
TRANSFORMERS (PG-13) DIG ★ (110 140 420 450) 730 800 1040
LICENSE TO WED (PG-13) DIG (1245 300 515) 730 1015
RATATOUILLE (G) DIG (1100 120 150 400 430) 720 1000
LIVE FREE OR DIE HARD (PG-13) DIG (145 415 445) 715 745 1015
1408 (PG-13) DIG (130 430) 715 1005
KNOCKED UP (R) - ID REQ'D DIG (145 445) 740
EVAN ALMIGHTY (PG) DIG (1130 200 425) 700 930
1408 (PG-13) DIG (1215) 800
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1200 230 500) 730
OCEAN'S 13 (PG-13) DIG 945
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG 705

ROCKVILLE TOWN CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★
Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159 1159 1159
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG ★ (1240 350) 700 1010
TRANSFORMERS (PG-13) DIG ★ (110 140 420 450) 730 800 1040
LICENSE TO WED (PG-13) DIG (1245 300 515) 730 1015
RATATOUILLE (G) DIG (1100 120 150 400 430) 720 1000
LIVE FREE OR DIE HARD (PG-13) DIG (145 415 445) 715 745 1015
1408 (PG-13) DIG (130 430) 715 1005
KNOCKED UP (R) - ID REQ'D DIG (145 445) 740
EVAN ALMIGHTY (PG) DIG (1130 200 425) 700 930
1408 (PG-13) DIG (1215) 800
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1200 230 500) 730
OCEAN'S 13 (PG-13) DIG 945
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG 705

ROCKVILLE TOWN CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale HARRY POTTER & ORDER OF THE PHOENIX (PG-13) ★
Adv. Tix on Sale NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale HAIRSPRAY (PG) ★
HARRY POTTER ORDER OF PHOENIX-MIDNITE (PG-13) DIG ★ 1159 1159 1159
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG ★ (1240 350) 700 1010
TRANSFORMERS (PG-13) DIG ★ (110 140 420 450) 730 800 1040
LICENSE TO WED (PG-13) DIG (1245 300 515) 730 1015
RATATOUILLE (G) DIG (1100 120 150 400 430) 720 1000
LIVE FREE OR DIE HARD (PG-13) DIG (145 415 445) 715 745 1015
1408 (PG-13) DIG (130 430) 715 1005
KNOCKED UP (R) - ID REQ'D DIG (145 445) 740
EVAN ALMIGHTY (PG) DIG (1130 200 425) 700 930
1



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AMC Select - Special films for select tastes.

AMC HOFFMANN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 12:20, 3:20, 6:20, 9:10
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 12:01 AM
LICENSE TO WED (PG13) 12:00, 1:40, 2:40, 4:20, 5:40, 7:20, 8:20, 10:00
TRANSFORMERS (PG13) ✓ 12:30, 1:20, 2:00, 2:50, 3:40, 4:40, 5:20, 6:10, 7:00, 8:00, 8:40, 9:30, 10:20
RATATOUILLE (G) 1:00, 2:20, 4:00, 5:00, 8:10
LIVE FREE OR DIE HARD (PG13) 12:50, 2:10, 3:00, 4:10, 5:30, 7:30, 8:35
1408 (PG13) 2:30, 5:05
EVAN ALMIGHTY (PG) 12:10, 1:30, 3:30, 4:30, 7:40, 10:10
EVAN ALMIGHTY (PG) 1:30, 4:30, 7:40, 10:10
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 1:10, 3:35, 5:50, 8:15
OCEAN'S THIRTEEN (PG13) 2:45, 5:45
SURF'S UP (PG) 12:35, 3:10
KNOCKED UP (R) 1:35, 4:45, 7:55
SHREK THE THIRD (PG) 2:05
—**AMC SELECT**—
EVENING (PG13) 12:05, 2:55, 5:35, 8:15
SICKO (PG13) 1:50, 5:10, 8:30
A MIGHTY HEART (R) 4:35

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
301-948-0906

SPECIAL MIDNIGHT SHOW

HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 12:01 AM

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 2:00, 4:55, 7:40, 10:20
LICENSE TO WED (PG13) ✓ 2:05, 4:30, 7:15, 9:45
TRANSFORMERS (PG13) ✓ 12:30, 1:20, 2:50, 3:40, 4:40, 6:10, 7:00, 8:00, 9:30, 10:20
RATATOUILLE (G) 1:00, 3:50, 6:50, 9:40
LIVE FREE OR DIE HARD (PG13) 1:40, 2:40, 4:40, 5:40, 7:40, 8:35, 10:35
LIVE FREE OR DIE HARD (PG13) 1:40, 4:40, 7:40, 10:35
1408 (PG13) 2:30, 4:55, 7:20, 10:00
EVAN ALMIGHTY (PG) 2:00, 3:00, 4:30, 5:30, 6:55, 8:00, 9:30, 10:35
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 2:05, 4:35, 7:05, 9:40
NANCY DREW (PG) 12:40, 3:00
OCEAN'S THIRTEEN (PG13) 12:50, 3:05, 5:20
SURF'S UP (PG) 1:30, 4:30, 7:30, 10:30
KNOCKED UP (R) 1:30, 4:30, 7:30, 10:30
PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13) 8:10
SHREK THE THIRD (PG) 12:40, 2:55, 5:10
—**AMC SELECT**—
EVENING (PG13) 1:30, 4:20, 7:10, 10:00
SICKO (PG13) 1:25, 4:25, 7:25, 10:15
A MIGHTY HEART (R) 7:45

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 2:35, 5:25, 8:15
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 12:01 AM
LICENSE TO WED (PG13) ✓ 2:40, 5:00, 7:30, 10:00
TRANSFORMERS (PG13) ✓ 12:30, 1:30, 3:40, 4:40, 7:00, 8:00, 10:20
RATATOUILLE (G) 1:35, 4:25, 7:15, 10:05
RATATOUILLE (G) 1:35, 4:25, 7:15, 10:05
LIVE FREE OR DIE HARD (PG13) 12:55, 4:00, 7:05, 10:15
1408 (PG13) 12:35, 2:55, 5:30, 8:05, 10:35
EVAN ALMIGHTY (PG) 12:30, 2:50, 5:20, 7:50
OCEAN'S THIRTEEN (PG13) 1:05, 4:05, 6:50, 9:55
KNOCKED UP (R) 1:25, 4:35, 7:35, 10:40
—**AMC SELECT**—
EVENING (PG13) 1:40, 4:30, 7:20, 10:10
SICKO (PG13) 12:45, 1:45, 3:45, 4:45, 6:45, 9:45, 10:45
A MIGHTY HEART (R) 2:15, 4:50, 7:25

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

PRESENTED IN DIGITAL PROJECTION

YOU KILL ME (R) 2:20, 4:50, 7:50, 10:00
EVENING (PG13) 1:30, 3:50, 7:10, 9:40
SICKO (PG13) 2:10, 4:10, 4:40, 7:20, 9:50
A MIGHTY HEART (R) 1:20
GOLDEN DOOR (PG13) 1:50, 4:30, 7:10, 9:40
LA VIE EN ROSE (PG13) 2:00, 5:00, 8:00
WAITRESS (PG13) 1:40, 4:20, 7:00, 9:20

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 1:15, 4:10, 7:00, 9:45
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 12:01 AM, 12:15 AM
LICENSE TO WED (PG13) ✓ 12:50, 3:10, 5:30, 7:50, 10:10
LICENSE TO WED (PG13) ✓ 12:50, 3:10, 5:30, 7:50, 10:10
TRANSFORMERS (PG13) ✓ 12:30, 1:20, 2:50, 3:40, 4:40, 6:10, 7:00, 8:00, 9:30, 10:20
RATATOUILLE (G) 2:00, 4:55, 7:40, 10:20
LIVE FREE OR DIE HARD (PG13) 12:25, 1:10, 3:30, 4:20, 6:30, 7:30, 9:40, 10:25
1408 (PG13) 12:00, 2:20, 4:50, 7:20, 10:05
EVAN ALMIGHTY (PG) 12:45, 2:15, 3:15, 4:45, 5:45, 7:15, 8:15, 9:55
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 1:50, 4:15, 6:55, 9:25
NANCY DREW (PG) 1:45, 4:25
OCEAN'S THIRTEEN (PG13) 7:10, 10:15
SURF'S UP (PG) 12:20, 2:30, 4:35
KNOCKED UP (R) 1:40, 4:30, 7:30, 10:30
PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13) 6:45, 10:15
SHREK THE THIRD (PG) 12:15, 2:35, 5:05, 7:25
—**AMC SELECT**—
EVENING (PG13) 1:25, 4:05, 6:50
SICKO (PG13) 1:35, 4:35, 7:35, 10:25

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 2:30, 5:20, 8:10, 11:00
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:01, 12:02, 12:03, 12:04
LICENSE TO WED (PG13) 12:30, 3:00, 5:30, 8:00
TRANSFORMERS (PG13) 12:50, 2:50, 4:10, 6:10, 7:30, 9:30, 10:50
RATATOUILLE (G) 1:00, 3:50, 6:40
LIVE FREE OR DIE HARD (PG13) 1:05, 2:40, 4:05, 5:50, 7:00, 9:00, 10:00
LIVE FREE OR DIE HARD (PG13) 1:05, 4:05, 7:00, 10:00
1408 (PG13) 2:10, 4:40, 7:10, 9:40
EVAN ALMIGHTY (PG) 1:40, 4:20, 6:50
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 1:35, 3:55, 6:20, 8:40
NANCY DREW (PG) 12:40 PM
OCEAN'S THIRTEEN (PG13) 3:15
SURF'S UP (PG) 1:20, 3:40
KNOCKED UP (R) 2:00, 4:55, 7:50, 10:45
PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13) 9:45 PM
—**AMC SELECT**—
SICKO (PG13) 1:30, 4:30, 10:20

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

SPECIAL MIDNIGHT SHOW

HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 12:01 AM

LICENSE TO WED (PG13) ✓ 2:35, 5:20, 7:50
TRANSFORMERS (PG13) ✓ 12:30, 1:20, 3:40, 4:40, 7:00, 8:00, 10:20
RATATOUILLE (G) 1:30, 4:30, 7:15, 10:00
LIVE FREE OR DIE HARD (PG13) 1:15, 4:15, 7:30, 10:30
1408 (PG13) 2:25, 5:00, 7:30
EVAN ALMIGHTY (PG) 2:45, 5:15, 7:45
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 2:30, 5:10, 7:25
OCEAN'S THIRTEEN (PG13) 4:15, 7:15
SHREK THE THIRD (PG) 3:00, 5:25, 7:40

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

LICENSE TO WED (PG13) 1:00, 3:15, 5:40, 8:10, 10:25
TRANSFORMERS (PG13) 12:00, 12:50, 3:10, 4:00, 6:30, 7:20, 9:55, 10:30
RATATOUILLE (G) 1:30, 4:30, 7:25, 10:20
LIVE FREE OR DIE HARD (PG13) 12:55, 3:55, 6:55, 10:00
1408 (PG13) 12:15, 2:45, 5:15, 8:05, 10:30
EVAN ALMIGHTY (PG) 12:35, 3:05, 5:30, 8:00, 10:15
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 12:20, 1:50, 2:50, 4:20, 5:20, 6:30, 7:50, 9:20, 10:35
OCEAN'S THIRTEEN (PG13) 1:40, 4:40, 7:40, 10:25
SURF'S UP (PG) 12:45, 2:55, 5:00, 7:05, 9:30
PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13) 6:40, 10:10
SHREK THE THIRD (PG) 1:45, 4:10

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

SPECIAL MIDNIGHT SHOW

HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 12:01 AM
PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13) 1:00, 4:30, 8:00

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 12:50, 3:45, 6:40, 9:30
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 12:01 AM
LICENSE TO WED (PG13) ✓ 12:20, 2:40, 5:10, 7:35, 10:00
TRANSFORMERS (PG13) ✓ 12:00, 1:30, 3:30, 5:00, 7:00, 8:30, 10:15
RATATOUILLE (G) 11:35, 2:15, 5:05, 8:00, 10:45
LIVE FREE OR DIE HARD (PG13) 11:30, 1:00, 2:30, 4:05, 5:35, 7:10, 8:50, 10:20
LIVE FREE OR DIE HARD (PG13) 1:00, 4:05, 7:10, 10:20
1408 (PG13) 1:55, 4:25, 7:20, 9:50
EVAN ALMIGHTY (PG) 12:05, 1:20, 2:50, 4:10, 5:40, 7:05, 8:20, 10:55
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 12:40, 3:00, 5:30, 7:50, 10:10
OCEAN'S THIRTEEN (PG13) 1:25, 4:20
SURF'S UP (PG) 12:10, 2:35, 4:55
KNOCKED UP (R) 1:50, 4:45, 7:40, 10:35
PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13) 7:15
—**AMC SELECT**—
EVENING (PG13) 12:15 PM
SICKO (PG13) 1:35, 4:35, 7:30, 10:25

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

LICENSE TO WED (PG13) ✓ 12:40, 2:50, 5:10, 7:40, 9:50
TRANSFORMERS (PG13) ✓ 12:50, 4:00, 7:20, 10:30
RATATOUILLE (G) 1:20, 4:20, 7:05, 9:40
LIVE FREE OR DIE HARD (PG13) 1:10, 4:10, 7:10, 10:05
EVAN ALMIGHTY (PG) 12:30, 2:40, 5:00, 10:10
OCEAN'S THIRTEEN (PG13) 1:00, 4:05, 7:00, 10:00
KNOCKED UP (R) 1:30, 4:30, 7:30, 10:20

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

LICENSE TO WED (PG13) ✓ 12:10, 1:10, 2:30, 3:30, 4:45, 5:45, 7:10, 8:20, 9:30, 10:30
RATATOUILLE (G) 12:00, 2:40, 5:30, 8:10, 10:45
LIVE FREE OR DIE HARD (PG13) 1:15, 2:15, 4:00, 5:10, 7:00, 8:00, 10:00, 10:40
1408 (PG13) 12:50, 3:00, 5:20, 7:40, 10:10
OCEAN'S THIRTEEN (PG13) 1:30, 4:40, 7:30, 10:15
KNOCKED UP (R) 1:00, 3:50, 6:50, 9:40

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

NANCY DREW (PG) 12:20, 2:45, 5:00, 8:00
KNOCKED UP (R) 1:20, 4:10, 7:10
MR. BROOKS (R) 1:20, 4:10, 7:10
SHREK THE THIRD (PG) 12:30, 2:35, 5:10, 8:10
SPIDER-MAN 3 (PG13) 1:00, 4:00, 7:00
—**AMC SELECT**—
A MIGHTY HEART (R) 12:15, 2:25, 4:50, 7:50
WAITRESS (PG13) 12:00, 2:15, 4:30, 7:30
AVENUE MONTAIGNE (PG13) 12:15, 2:25, 4:40, 7:40

LOEWS DUPONT 5

1350 19th St.
1-800-FANDANGO #711

LICENSE TO WED (PG13) 1:45, 4:15, 7:15
OCEAN'S THIRTEEN (PG13) 1:30, 4:30, 7:30
KNOCKED UP (R) 1:15, 4:00, 7:00
—**AMC SELECT**—
EAGLE VS. SHARK (R) 1:00, 3:00, 5:10, 7:45
BROOKLYN RULES (R) 2:00, 4:45, 8:00

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

TRANSFORMERS (PG13) 2:00, 4:45, 7:20
RATATOUILLE (G) 2:00, 4:40, 7:15
EVAN ALMIGHTY (PG) 2:30, 5:00, 7:35
OCEAN'S THIRTEEN (PG13) 2:05, 4:35, 7:25
—**AMC SELECT**—
A MIGHTY HEART (R) 2:05, 4:25, 7:05

Times for Tuesday, July 10, 2007

✓SPECIAL ENGAGEMENT No passes or discount coupons

CC - Closed Captioning - DV - Descriptive Video Service

nine simple
numbers

you learned
by age 3

	6		1	4	5	
		8	3	5	6	
2			4	7		1
8						6
		6			3	
7			9	1		4
5						2
		7	2	6	9	
	4	5	8		7	

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Television



OUT OF IDEAS: Comedian Wayne Brady will host the forthcoming show "Don't Forget the Lyrics!" on Fox. Sound familiar? That's because the show sounds scarily similar to NBC's "The Singing Bee," which premieres Tuesday and is featured below.

Stick With Spelling

'The Singing Bee' is the latest member of summer's poor lineup

EARACHE | This summer has turned into a nightmare for networks and viewers. Networks have long considered the summer months a remarkably difficult time to launch a new drama or comedy. Look at the anemic ratings for "Hidden Palms" or the quickly canceled "Creature Comforts." This summer we're faced with an onslaught of silly reality fare and "talent" contests that have driven viewers to cable and to distraction. Ratings have never been lower.



SING 'N SYNC: Former boy band member Joey Fatone hosts "Bee" on NBC.

Don't get me wrong: I have a soft spot for the "Gong Show" aspects of "America's Got Talent" and "The Next Best Thing." But how many reheated dishes of "Star Search" can we stomach?

Add "The Singing Bee" (9:30 p.m., NBC) to the list. On "Bee," contestants engage in a karaoke competition in which they are asked to sing some of the most popular songs of all time. If they miss a lyric or don't remember the correct words, they are exiled from the "Bee" hive.

Did it ever occur to the geniuses at NBC that most karaoke machines are located in bars? There's a good reason. You have to be slightly inebriated to appreciate so much bad singing in one sitting. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

TUNE IN, ALCOHOLIC INSOMNIACS
NOVA SCIENCENOW (8 p.m., PBS) looks at sleep and memory.

CITY OF SMARTIES
The quirky **EUREKA** (9 p.m., Sci Fi) returns for a second season. Set in a top-secret government-controlled town populated by geniuses, "Eureka" is superior to roughly 90 percent of network series.

THEY'RE ALL IN TEXAS
The new series **BUILD IT BIGGER** (10 p.m., Discovery) looks at some of the most massive engineering projects on Earth.

NO NEED TO LEAVE THE COUCH
The new eight-part series **INTO ALASKA WITH JEFF CORWIN** (9 p.m., Travel) takes viewers into some of the more remote areas of the vast 49th state.



LET THEM THINK: And they will. Because everyone is brainy on "Eureka."

STILL RECOVERING
POV (10 p.m., PBS) presents "Revolution '67," a look at the riots that engulfed Newark, N.J., in July 1967.

WINONA RYDER HOSTS
THE SECRET LIVES OF WOMEN (10 p.m., WE) explores compulsive shoplifting. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

7:10-07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	
LOCAL CHANNELS	WRC	4 News (N) [66]		NBC Nightly News	Access Hollywood	America's Got Talent "Las Vegas Callbacks" (N) [66]			The Singing Bee	Law & Order: Special Victims Unit [6]	News (N) [66]	Tonight Show	
	WTTG	5 Seinfeld [66]	The Simpsons [6]	The Simpsons [6]	All-Star Pre	MLB Baseball All-Star Game. From AT&T Park in San Francisco. (S Live) [66]					News (N)	Every-Raymond	
	WJLA	7 News (N) [66]	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	According to Jim According to Jim			Shaq's Big Challenge (N) [6]	Primetime: Family Secrets (N) [66]	News (N) [66]	(35) Nightline (N)	
	WUSA	9 News (N) [66]	Evening News	News	Entertainment	NCIS "Suspicion" [6]			Big Brother 8 (N) [66]	Pirate Master "A Deal With the Devil"	News (N) [66]	Late Show	
	WDCA	20 Judge Judy (N) [6]	Judge Joe Brown	Scrubs [6]	Scrubs [6]	★ "Crazy in Alabama" (1999) Melanie Griffith, David Morse. [6]			Still Standing [6]	Still Standing [6]	Malcolm-Mid.	Malcolm-Mid.	
	WMPT	22 The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors Md.	Nova "Nova scienceNOW" (N) [6]			Frontline [6] (DVS)	Wide Angle "Victory Is Your Duty" [6]	Hudson River	Roadshow FYI	
	WETA	26 BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "Nova scienceNOW" (N) [6]			Tornado Diary Storm chaser footage.	Wide Angle "Victory Is Your Duty" [6]	Charlie Rose (N) [6]	Charlie Rose (N) [6]	
WHUT	32 World Business	Tavis Smiley [6]	BBC World News	Moneywise	Mystery! "Jericho, Series II: The Hollow Men" A serial killer targets couples.			BBC World News	Tavis Smiley [6]	Charlie Rose (N) [6]			
WDCW	50 My Wife and Kids	My Wife and Kids	Friends [6]	Friends [6]	Gilmore Girls "French Twist" [66]			Veronica Mars "Spit & Eggs" [66]	Will & Grace [6]	Will & Grace [6]	Sex and the City	Sex and the City	
BASIC CABLE	A&E	Cold Case Files [66]		CSI: Miami "Forced Entry" [6]	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel	Criss Angel	
	Animal	The Crocodile Hunter Diaries [66]		The Most Extreme	Foiled by Nature	The Most Extreme "Psychics"	Wildlife on One	Animal Battle.	Animal Planet Heroes Phoenix (N)	The Most Extreme	Foiled by Nature		
	BET	106 & Park: BET's Top 10 Live [66]			Hell Date [66]	★ ★ "Friday" (1995, Comedy) Ice Cube, Chris Tucker: Premiere. [66]	Baldwin Hills	Baldwin Hills	Take the Cake (Live) [66]				
	Bravo	Kathy Griffin: ALLEY's Alleged Performance. [66]				Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List				
	Comedy	(5:00) "Dirty Rotten Scoundrels" [66]		Scrubs [66]	Scrubs [6]	Reno 911! [66]	Reno 911! [66]	Chappelle's Show	South Park [66]	John Pinette: I'm Starving [66]	Daily Show	Colbert Report	
	Court	World's Wildest Police Videos [66]		Cops [6]	Cops [6]	Cops [6]	Cops [6]	Forensic Files	Forensic Files	Murder by the Book "James Ellroy"	North Mission	Haunting Evid.	
	Discovery	Cash Cab [66]	Cash Cab (N)	Really Big Things "Paper Maker"	Dirty Jobs Penguins. [66]	Dirty Jobs Texas snake farm. (N)	Build It Bigger "Coaster"	Man vs. Wild Australia's outback.					
	DISCH	Code Blue "Free and Easy" [66]		Impact: Stories of Survival [66]	Super Quads [66]	Kids by the Dozen Fourteen children.	Jon & Kate Plus 8	Jon & Kate Plus 8	Super Quads [66]				
	Disney	Zack & Cody	Zack & Cody	Hannah Montana	Zack & Cody	★ ★ "The Thirteenth Year" (1999) Chez Starbuck, Justin Jon Ross. [66]	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana			
	E!	Half Year Best	Half Year Best	E! News (N)	The Daily 10 (N)	THS Investigates: Inside the Mind of a Serial Killer	Simple Life	Simple Life	E! News	The Daily 10			
	FX	(5:00) ★ ★ "Daredevil" (2003, Action) Ben Affleck, Jennifer Garner.				★ ★ "Any Given Sunday" (1999) Al Pacino, Cameron Diaz. A football coach copes with crises on and off the field.	That '70s Show	That '70s Show					
	HGTV	Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	Buy Me [6]	Decorating Cents	24 Hour Design	House Hunters	My Kitchen	House Worth?	Hidden Potential
	Family	8 Simple Rules [6]	8 Simple Rules [6]	★ ★ "Legally Blonde" (2001) Reese Witherspoon, Luke Wilson. [66]		★ ★ "Legally Blonde" (2001) Reese Witherspoon, Luke Wilson. [66]				The 700 Club [66]			
	History	Modern Marvels: Diamond Mines		Marvels: The Statue of Liberty	Rogue Waves [66]	The Universe Earth. (N) [66]	Ice Road Truckers [66]			Train Wreck in Lake Michigan			
	Lifetime	Reba [66]	Reba [66]	Still Standing [6]	Still Standing [6]	Reba [6]	Reba [6]	★ ★ "Guilt by Association" (2002) Mercedes Ruehl, James Bullard. [66]	Will & Grace [6]	Will & Grace [6]			
MTV	America's Next Top Model [6]		The X Effect [6]	MTV Cribs [6]	MTV Cribs [6]	MTV Cribs [6]	Rob & Big [6]	Real World-Rd	Rob & Big (N) [6]	Rob & Big [6]	Jackass [6]		
NICK	Ned's School	Zoeys 101 [66]	Fairly OddParents	Jimmy Neutron	Drake & Josh [6]	SpongeBob	Home Videos	Roseanne [66]	Roseanne [66]	Roseanne [66]	Roseanne [66]	Roseanne [66]	
SCI FI	Stargate SG-1 "Crystal Skull" [66]		Tru Calling "Pilot" [6]	Tru Calling "Putting Out Fires" [66]	Eureka "Phoenix Rising" [6]	ECW CM Punk's quest for the title.	Painkiller Jane [6]						
SPIKE	CSI: Crime Scene Investigation [66]		CSI: Crime Scene Investigation [66]	CSI: Crime Scene Investigation [66]	★ ★ "Mindhunters" (2004) LL Cool J. A serial killer targets FBI trainees on a deserted island.	CSI: Crime Scn							
TBS	Seinfeld [6]	Seinfeld [6]	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	Friends [6]	Friends [6]	Sex and the City	Sex and the City	
TLC	Flip That House	Flip That House	Overhaulin' Singer Nick Lachey. [66]	American Chopper [66]	David Blaine: Street Magic [66]	Miami Ink "Family Values Tour"	Miami Ink "Bella Boot Camp" [66]						
TNT	Law & Order "House Calls" [66]	Law & Order "Foul Play" [6]	Law & Order "Couples" [6]	Law & Order "Special Victims Unit [6]	★ ★ "Barbershop 2: Back in Business" (2004, Comedy) Ice Cube. [66]	Without a Trace "Lost Time" [66]							
USA	Law & Order: Criminal Intent [66]	Law & Order: Criminal Intent [66]											
VHI	I Love the '80s: 3D "Three Amigos."	I Love the '80s: 3D "Moonstruck" [6]	I Love the '80s: 3D "1988" [6]										
SPAN	TELEM	Daniela	Noti-Telemndo	Dame Chocolate	Madre Luna	Zorro - La Espada y la Rosa	La Esclava Isaura	Noti-Telemndo	12 Corazones				
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón	Duelo de Pasiones	Destilando Amor	Ver Para Creer	Primer Impacto	Noticiero Univ.				
	ESPN	SportsCenter (Live) [66]				2007 World Series of Poker (Taped)	2007 World Series of Poker (Taped)	Boxing: 1993 Bruno vs. Lewis	SportsCenter (Live) [66]				
ESPN2	Hot Rod TV	NASCAR Now	WNBA Basketball Chicago Sky at Detroit Shock. (Live) [66]		WNBA Basketball Indiana Fever at Houston Comets. (Live) [66]	PBA Bowling Motel 6 Roll to Riches.							
CSN	Washington	SportsNite [66]	NBA Summer League Basketball Sacramento Kings vs. Washington Wizards.	Terrapins Rising	Terrapins Rising	SportsNite (Live) [66]	Best Damn 2006 Hooters Pageant						
NEWS	CNN	Lou Dobbs Tonight [66]	The Situation Room	Paula Zahn Now [66]	Larry King Live [66]	Anderson Cooper 360 [66]							
	FNC	Special Report (Live) [66]	The Fox Report With Shepard Smith	The O'Reilly Factor (Live) [66]	Hannity & Colmes (Live) [66]	On the Record-Van Susteren	The O'Reilly Factor						
	MSNBC	Tucker	Hardball [66]	Countdown With Keith Olbermann	Scarborough Country	MSNBC Investigates	Inv: Tattoos! Skin Deep						
MOVIES	AMC	★ ★ "Hard to Kill" (1990, Action) Steven Seagal, Kelly LeBrock. 'R'				★ ★ ★ "Terminator 3: Rise of the Machines" (2003) Arnold Schwarzenegger.		(15) ★ ★ ★ "2010: The Year We Make Contact" (1984) Roy Scheider. 'PG'					
	TCM	(15) ★ ★ ★ "Hell Below Zero" (1954, Drama) Alan Ladd, Joan Tietzel. 'NR'				★ ★ ★ "The High and the Mighty" (1954, Suspense) John Wayne, Claire Trevor. 'NR' [66]			★ ★ "Island in the Sky" (1953) John Wayne. 'NR' [66]				
	HBO	(5:15) ★ ★ "Kicking & Screaming"		★ ★ ★ "The Devil Wears Prada" (2006) Meryl Streep. [6]		PG-13 [66]		Hairspray: 1st	★ ★ ★ "95 Miles to Go" (2004) Premiere. [6]		Entourage [66]	Assume 201	
	MAX	(1:05) ★ ★ ★ "Jarhead" (2005, War) Jake Gyllenhaal, Jamie Foxx. [6]		G' [66]		(15) ★ ★ "ATL" (2006) Tip "T.I." Harris. Four Atlanta teens face challenges.		★ ★ "The Black Dahlia" (2006, Mystery) Josh Hartnett. Premiere. [6]		R' [66]			
	SHOW	(5:30) ★ ★ "Diggtown" (1992) 'R'		(15) ★ ★ "The Weather Man" (2005) Nicolas Cage. iTV. [6]		R' [66]		Meadowlands (iTV) [6]		★ ★ ★ "Reeker" (2005) Devon Gummersall. 'NR' [66]		(35) High Tension	
	TMC	My Date		(145) ★ ★ "Park" (2006) William Baldwin. Premiere. 'NR'		(15) ★ ★ "The King" (2005, Drama) Gael Garcia Bernal, William Hurt. 'R'		★ "Shadowboxer" (2005) Helen Mirren. 'R' [66]		The Big White 'R'			
	STARZ!	(5:20) ★ ★ ★ "The Greatest Game Ever Played" (2005) [6]		★ "Venom" (2005, Horror) Agnes Bruckner. [6]		R' [66]		★ ★ "Talladega Nights: The Ballad of Ricky Bobby" (2006) Will Ferrell. [66]		(10:50) ★ ★ ★ "Enemy of the State" (1998) George Clooney. 'PG-13'			
ENCORE	(15) ★ ★ "Herbie: Fully Loaded" (2005, Comedy) Lindsay Lohan. [6]		G' [66]		★ ★ "Deuce Bigalow: European Gigolo" (2005) [6]		R' [66]		★ ★ "Man of the House" (2005) Tommy Lee Jones. [66]		(15) ★ ★ "Stealth" (2005) [6]	PG-13'	

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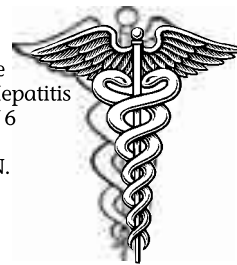
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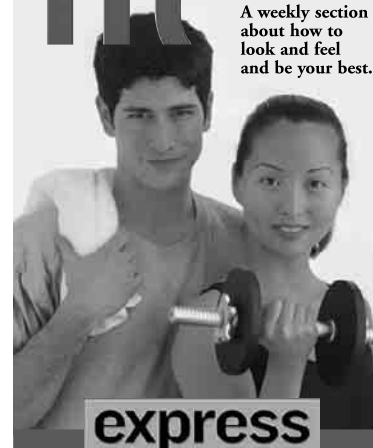
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Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

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This experimental vaccine does not cause HIV infection.

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Participants will receive \$40.

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Washington Gastroenterology is currently in search of female volunteers for a research study testing an investigational medication for the treatment of Irritable Bowel Syndrome and associated diarrhea.

Qualified study participants must be at least 18 years of age and otherwise healthy. IF you are eligible to participate all laboratory and professional services for this research study are provided at no cost to you. You may also be compensated for your time and travel.

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**ASK
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About Student Loans

This column, contributed by American Student Assistance*, a non-profit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the Express each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to askbetsydc@amsa.com.



Can I Get Money for Living Expenses?

Hello Betsy,
I read your last article and found it very informative. It made me realize that I have to get into gear! I will be going to school full time, and I need money to live and pay for school. I have never taken out a loan (my parents paid for my undergraduate). I don't know where to begin but I know that I need to apply soon. I have applied for a couple of scholarships and am waiting to hear from those.

Soooo, Betsy, what do I do?! I need money to pay for rent and living expenses, ALSO school. How do I do this and how do I budget myself so that I spend it wisely? Any advice or suggestions you have will be greatly appreciated. Thank you in advance for your time!!

Regards,
Patty S.

Hi Patty,
I'm glad you found the column helpful! The first step in applying for any type of financial aid is to fill out the Free Application for Federal Student Aid (FAFSA). The deadline for this is normally in the spring but that doesn't mean you're out of luck - just that some of the programs that have limited funds might not be available to you this year. The quickest way is to fill this out online at www.fafsa.ed.gov, or you can pick up a paper form at your local

library or a school's financial aid office. Make sure you have your most recent tax forms and bank statements handy when you get ready to start.

Once you submit the form, it will take about six weeks for the Federal Processors to send you, and the schools you are applying to, your Student Aid Report (SAR). The SAR will tell you and the school what kind and how much financial aid you are eligible for, as well as how much you are expected to pay out of pocket (Expected Family Contribution or EFC). Don't panic when you see this number, as you can use student loans and other options to help subsidize it if you need to.

Once you've chosen the school you will attend, they will put together a financial aid package that will tell you how much you can expect to get in grants, loans, and any institutional scholarships and monies you may be eligible for. That package will include your cost of tuition, books, and living expenses. After that, all that's left to do is fill out any loan or other paperwork that's needed to accept these funds.

You're right that you need to get started. Considering the time frame of the FAFSA alone, I'd set some time aside this weekend to fill it out and submit it. I'd also continue to seek out additional outside scholarships if you can. You can find more information on what's available at www.finaid.org and www.collegeboard.org, as well as through your school.

Regarding tips on budgeting, College Board has some good information on their website and you should check out American Student Assistance at www.amsa.com/bor/default.asp. Read the "How to Be a Wise Borrower" info and then look at the resources and links provided for some great budgeting tips. Also, once you get to school and your financial aid is released, you can sign a form with the school that tells them only to release a certain amount of living expenses to you at a time - almost like putting yourself on a forced allowance.

Finally, and if you remember nothing else please remember this: stay away from credit cards!!!! I can't tell you how many students I've seen fall in this hole while they're in school! The interest rates are high, you can't claim the interest as a deduction on your taxes (like you can for a student loan), and there are no deferment, forbearance, or forgiveness options for them if you run into hard times in the future. Your mantra should be, "I'm going to live like a student while I'm in school, so I don't have to when I'm out!"

I hope this was helpful. Don't hesitate to send me any more questions you may have along the way.

Good luck,
Betsy



Have a question about student loans? E-mail me at askbetsydc@amsa.com



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FOND FAREWELL: Dan Patrick is leaving ESPN after 18 years, insisting there is no acrimony but saying he was beginning to take his job for granted. The former SportsCenter anchor announced his decision on his radio show Monday and said his final show will be Aug. 17.



Sports



Dan Haren will bring his AL-leading 2.30 ERA to the mound on Tuesday.

A's Haren Will Start For the AL

Padres' Peavy selected as the All-Star game starter for the NL

BASEBALL | Dan Haren will be the starting pitcher for the American League against the National League's Jake Peavy in the Major League Baseball All-Star game on Tuesday.

Haren, who pitches across the San Francisco bay in Oakland, was picked on Monday by AL manager Jim Leyland. He is 10-3 with an AL-leading 2.30 ERA at the break.



Peavy

"I'd be lying if I didn't say it was a nice extra touch since he pitches

right across the bay in Oakland," Leyland said.

After losing his first two starts — despite allowing one earned run in 13 innings — Haren reeled off 10 straight wins before losing to Seattle on Friday. That loss wasn't enough to cost him his All-Star start as he beat out Cleveland's C.C. Sabathia, Detroit's Justin Verlander, Boston's Josh Beckett and Los Angeles' John Lackey for the honor.

Peavy, the third San Diego pitcher to start an All-Star game, is 9-3 with a 2.19 ERA that trails only teammate Chris Young in the NL. (AP)

All-Star Spotlight Shines on Bonds

Slugger says playing in Tuesday's game in his home city is 'a dream'

BASEBALL | Barry Bonds simply doesn't care: Bud Selig can be wherever he wants when Hank Aaron's home run record falls.

The commissioner still hasn't said whether he plans to be in the ballpark when and if Bonds hits No. 756. Oddly, he finds himself with an unusual ally — Bonds.

"Does it matter to me? I think it's just terrible the way it's gone down, that's all," the San Francisco slugger said Monday, a day before the All-Star game.

The 42-year-old Bonds earned



Barry Bonds says he doesn't care if commissioner Bud Selig sees him hit No. 756.

a starting spot for Tuesday night's game in his home ballpark. It was Bonds' 14th All-Star selection and

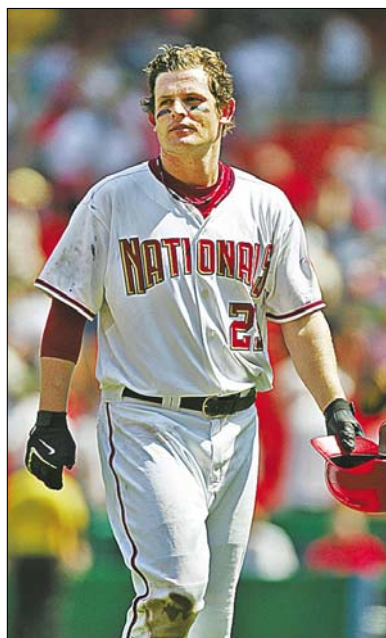
first in three years.

Bonds had a big bash with hip-hop mogul Jay-Z planned for Mon-

day night regardless of whether he'd been picked for the team.

"It's a dream. You dream about going to a World Series," Bonds said. "I had that opportunity, and unfortunately we lost. I've seen All-Star games in everyone else's city. To be able to have it in your own city is great."

"I've pretty much had the opportunity to experience almost everything you can actually experience in the game of baseball. And I've also had the opportunity to experience it with one of the greatest baseball players to ever live in Willie Mays, and I had to be with him my entire life. I've lived a dream my whole entire life regardless of what anybody says." JANIE MCCAULEY (AP)



Felipe Lopez, Austin Kearns and Ryan Zimmerman have struggled this season, with only Zimmerman batting over .250.

Nats' Hitting Struggles Are 3-Fold

Trio in the heart of the lineup isn't living up to high expectations

NATIONALS | Felipe Lopez swears he's not a .240 hitter.

Austin Kearns admits that far too often he's struggled in critical situations. And Ryan Zimmerman is well behind the pace he set in his outstanding rookie season.

It all adds up to a trifecta of dis-

appointment that bears its share of blame for the fact that the Nationals entered the All-Star break tied for the worst record in the NL.

Lopez (batting .242), Kearns (.250) and Zimmerman (.253) had been counted on to be the heart of Washington's offense this season, but instead it's Dmitri Young (.339, 8 HR, 43 RBI) who is representing the team at Tuesday's All-Star game.

And it was the offense that was supposed to carry the team when

the short-on-talent rotation inevitably struggled. But instead, the heart of the order has needed a pacemaker, and manager Manny Acta has been forced to adapt.

Lopez was first moved from the leadoff spot to the No. 2 hole and then back to the seventh or eighth positions in the order. Kearns began the season as the cleanup hitter and now more often hits fifth or sixth.

Zimmerman, who the club hoped would be developing into a star this

season, has remained in the No. 3 spot, but his batting average is 34 points lower than at the All-Star break last season. He also has 14 fewer runs batted in.

"I just think that it's going to come," Acta said. "Some of them just haven't produced the way we've expected of them. They'd be the first ones to tell you. But they're working hard at it, and hopefully the second half will be better for us."

In fact, all three entered the break on a positive note.

Zimmerman has raised his average 12 points since June 29 and he hit the go-ahead home run in Sunday's victory over the Milwaukee Brewers. He has hits in eight of his last nine games.

Like Zimmerman, Lopez also has hits in eight of nine games and also homered in Sunday's victory.

Kearns, who had only four RBI in the entire month of June, already has four in eight July games. His two-run double on Saturday was pivotal in the Nationals' victory.

Those are modest accomplishments to dwell on, but with four days off to reflect on the first half and focus on the second half, it's the best the trio can muster.

"We don't stress; we don't worry," Zimmerman said. "Nothing ever bothers us. We don't think about it if we're having problems. We just go out there and try to score."

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Depressed?

NIMH is conducting a study to look at how a currently FDA-approved drug, Scopolamine, which is used for motion sickness, can help with depression.

This is a 12-visit outpatient study conducted at the NIH Clinical Center in Bethesda, MD. The drug is given through a patch placed on the skin.

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BIO appears each Friday in Weekend Styles.

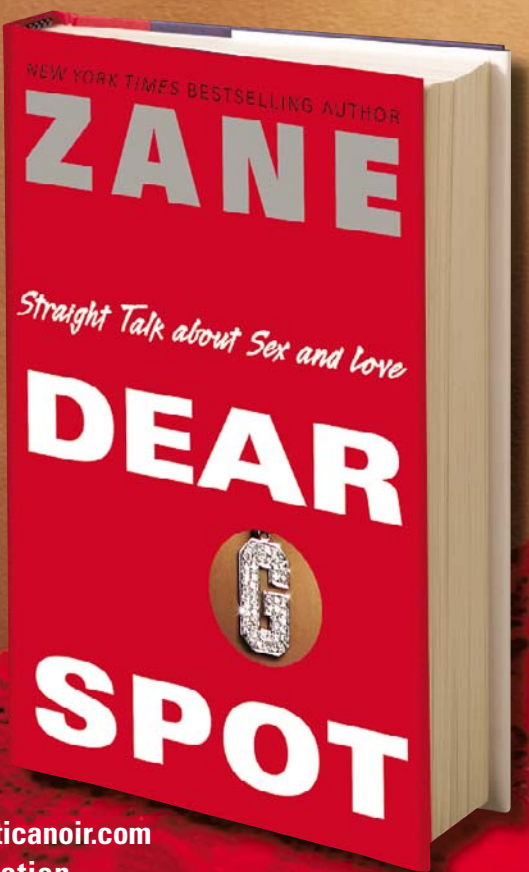
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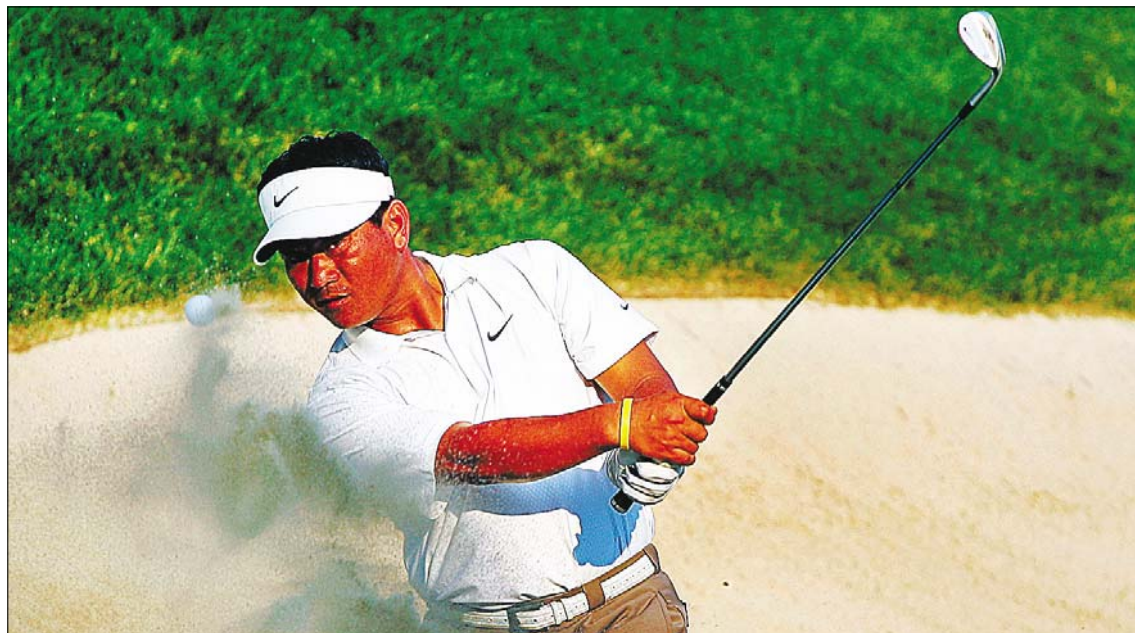
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Sports



K.J. blasts his ball out of the sand trap and into the hole for birdie on No. 17 on Sunday, sealing the win at the AT&T National.

Choi Eyes the Next Prize

AT&T victor says he wants to be the first Asian to win a major

AT&T NATIONAL | K.J. Choi is the first golfer to complete the Jack Nicklaus-Tiger Woods double.

That makes his next goal seem quite realistic.

"My life dream is to become the first Asian to ever have won a major," Choi said. "And that's something that I'm going to strive for very hard."

Five weeks after walking away with the crystal trophy at Nicklaus' Memorial tournament, Choi on Sunday lifted the silver-colored replica of the Capitol at the 18th green of the inaugural AT&T National, with first-time host Woods looking on.

Choi won for the sixth time on the PGA Tour, the most victories by an Asian-born player. The 37-year-old South Korean did his best to share the spotlight with Woods with a final-round 68 for a 9-under 271 total, three strokes

better than second-place Steve Stricker.

"It's never looking back; don't look back, just move forward," Choi said. "Just progress. It's how I felt when I first came over to the U.S. starting out. You know, it was a new culture, new language, everything was new. There were a lot of hurdles for me to overcome, but I just took it day by day, just believed in myself, trusted in the Lord and just moved forward with it and tried my best."

JOSEPH WHITE (AP)

Future Is Now for AT&T National

Deciding on a venue will be key as tourney looks to move forward

AT&T NATIONAL | Before Tiger Woods handed K.J. Choi the championship trophy — before former President Bush hit the first drive of the tournament — people were talking about the future of the AT&T National.

One thing is certain. The tournament, which The Washington Post reported drew more than 139,000 fans, will return to Congressional Country Club next year.

After that, though, the future becomes slightly more murky. The U.S. Amateur comes to Congressio-

"We were ecstatic with how it came off. ... We were awestruck, to tell you the truth."

Tournament director Greg McLaughlin says he and Tiger Woods would like to keep the tourney at Congressional "as long as they'll have us." | **Today, Sports**

IN The Washington Post

nal in 2009, and the U.S. Open will be played here in 2011. Tiger Woods says he is committed to keeping the tournament in Washington, but the trick will be finding a venue.

TPC at Avenel, which hosted the Kemper Open for years after that tournament left Congressio-

nal in 1987, seems like the obvious choice, but it's never been popular among players.

Finchem said that Robert Trent Jones Golf Course in Virginia is a possibility and that staging the event at a military base course would also be an option — though a lot of work would probably have to be done to get those courses to a PGA Tour level.

Woods knows exactly what he wants. When asked where he sees the tournament after the two-year agreement with Congressional is up, he replied, "Right here."

When asked whether he had any second choices, he said again, "Right here." IAN HERBERT (EXPRESS)

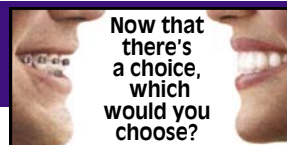
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"Frankly, I prefer racquetball."

— Venus Williams, in David Letterman's "Top 10 Things Venus Would Like to Say After Winning Her Fourth Wimbledon Title."



Sports

CYCLING | FLYING V



GUIDED TOUR: Christophe Le Mevel leads the pack while riding in heavy rain during the Tour de France on Monday. Gert Steegmans of Belgium was one of 20 or so riders ahead of a crash with 1.2 miles left, and he went on to win the stage in his home country. Discovery Channel's Tomas Vaitkus dropped out after breaking his thumb in five places.

2 Mystics Selected to All-Star Team

WNBA | Mystics Alana Beard and DeLisha Milton-Jones were among those selected as reserves for the WNBA All-Star Game.

Beard, the team's leading scorer at 18.9 points per game, is making her third appearance in the All-Star Game, and Milton-Jones will play for the first time since 2000, when she played in Los Angeles.

Second-year players Seimone Augustus, Candice Dupree and



Alana Beard, right, leads the Mystics in scoring with 18.9 points per game.

Cappie Pondexter were also selected — each earning the honor for the second straight season.

Augustus, the reigning rookie of the year with Minnesota, is second in the league in scoring at 22.3 points per game — trailing only Seattle's Lauren Jackson (22.6). Dupree is third at 19.5 for Chicago.

The New York Liberty, third in the Eastern Conference at 10-8, is the only team without an all-star.

The game will be held in Washington on Sunday. (AP)

MLB STANDINGS

THROUGH JULY 8'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	53	34	.609	—	28-14	25-20
Toronto	43	44	.494	10.0	26-19	17-25
New York	42	43	.494	10.0	26-18	16-25
Baltimore	38	49	.437	15.0	19-21	19-28
Tampa Bay	34	53	.391	19.0	19-24	15-29
CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	52	34	.605	—	25-19	27-15
Cleveland	52	36	.591	1.0	31-12	21-24
Minnesota	45	43	.511	8.0	22-20	23-23
Chicago	39	47	.453	13.0	19-25	20-22
Kansas City	38	50	.432	15.0	20-28	18-22
WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Angels	53	35	.602	—	29-13	24-22
Seattle	49	36	.576	2.5	27-15	22-21
Oakland	44	44	.500	9.0	23-23	21-21
Texas	38	50	.432	15.0	22-22	16-28

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	48	39	.552	—	23-19	25-20
Atlanta	47	42	.528	2.0	22-21	25-21
Philadelphia	44	44	.500	4.5	22-21	22-23
Florida	42	47	.472	7.0	17-25	25-22
Washington	36	52	.409	12.5	19-27	17-25
CENTRAL	W	L	PCT.	GB	HOME	ROAD
Milwaukee	49	39	.557	—	30-13	19-26
Chicago	44	43	.506	4.5	20-21	24-22
St. Louis	40	45	.471	7.5	21-22	19-23
Pittsburgh	40	48	.455	9.0	22-24	18-24
Houston	39	50	.438	10.5	24-22	15-28
Cincinnati	36	52	.409	13.0	20-26	16-26
WEST	W	L	PCT.	GB	HOME	ROAD
San Diego	49	38	.563	—	25-20	24-18
L.A. Dodgers	49	40	.551	1.0	26-20	23-20
Arizona	47	43	.522	3.5	25-19	22-24
Colorado	44	44	.500	5.5	26-19	18-25
San Fran.	38	48	.442	10.5	21-21	17-27

TODAY'S TV LINEUP

BASEBALL (8 P.M. ON FOX) The game's best players gather together in San Francisco for the annual tradition of watching the American League beat up on the National League to secure home-field advantage for the World Series. Jake Peavy starts for the NL against the AL's Dan Haren.

CYCLING (8:30 A.M. ON VERSUS) Tuesday's flat, 147-mile stage is the longest of the Tour de France. And after the riders leave Belgium at the beginning of the day, they will be in France for the next three weeks.

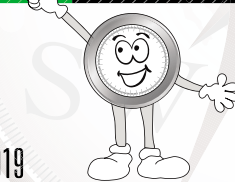
WNBA (7 P.M. AND 9 P.M. ON ESPN2) The week before the All-Star Game, Chicago is at Detroit and Indiana is at Houston.

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STRONG SHOWING: NFL scouts were impressed by Maryland OT Jared Gaither during his private workout in College Park on Monday, according to sources quoted by ESPN.com. Gaither declared for Thursday's supplemental draft less than a month ago after he failed to regain academic eligibility.



Sports

Swengali

TENNIS | BY MATT SWENSON

What a Rivalry Should Be Like

IF YOU LOOK BACK on the last year, a lot of sports' biggest rivalries have been flops.

Much to Red Sox fans' delight, the Yankees are not a factor enter-



Nadal

ing the All-Star break. North Carolina's men's basketball team was just one of many college teams, including our own Terps, to beat up on Duke. And while Tiger Woods has remained at a high level, Phil Mickelson seemingly still can't get over the Winged Foot disaster.

Then there is the Roger Federer-Rafael Nadal rivalry. Tennis' two best players are in a class by themselves.

Each is so good that he pushes the other to the extreme, culminating in Sunday's five-set classic at Wimbledon that Federer managed to win.

Federer is, of course, known

as a grass-court specialist, but Nadal looked superior much of the match. Nadal, the man of clay, had his hands full with Federer at the French Open, though it wasn't nearly as close as the Wimbledon encounter.

At a time when tennis' lack of popularity is now dangerously just an accepted fact, these two greats have the potential to bring the sport back to its 1980s heyday.

They are the best at their game and have the drive to keep work-

These two greats have the potential to bring the sport back to its 1980s heyday.

ing while others, like Andy Roddick, can't find that extra effort to reach elite status.

One can only hope for many more Federer-Nadal finals in majors over the next few years. It's hard to imagine much better than their performance Sunday, regardless of the sport.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Major Mismatch No More

Federer-Nadal will likely go down as one of the best rivalries ever

TENNIS | Roger Federer and Rafael Nadal long ago established themselves as the best of the best in men's tennis, far ahead of anyone else in the game these days.

Then, firmly entrenched at No. 1 and No. 2, they began meeting regularly in tournament finals.

Now they finally have produced the other element any great sports rivalry needs: a scintillating showdown on the biggest of stages. Their five-set "thriller" of a Wimbledon final, as Federer put it, left fans wanting more.

Bring on the U.S. Open!

"We sometimes haven't lived up to the expectations in the past, in our matches in majors, especially," Federer acknowledged. "That was maybe a bit of a problem."

Not anymore.

With the most prestigious title in tennis on the line, there were tense tiebreakers, long points and brilliance from both at the baseline. Nadal attacked the way Federer does, even playing serve-and-volley a couple of times. Federer played defense the way Nadal does, winning some



RYAN PIERSE/GETTY IMAGES

Roger Federer slams home the championship-winning shot at Wimbledon Sunday.

points by extending rallies until an error came from the other side.

It was riveting, far more so than their previous Grand Slam encounters, none of which went five sets. It drew TV ratings in the United States that were about 10 percent higher than for last year's Federer-Nadal final. And it increased the likelihood that Federer vs. Nadal will be looked upon one day in the

same class as Sampras vs. Agassi, say, or Borg vs. McEnroe.

"I am playing better than last year," Nadal said. "I am young. I am improving every season."

The better he gets, the better his rivalry with Federer becomes. So, circle the date: Sept. 9. That's when Federer and Nadal, No. 1 and No. 2, could meet next to decide a Grand Slam title. HOWARD FENDRICH (AP)



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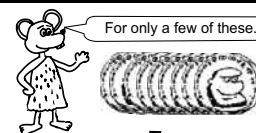
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LOOK out

*TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Spin City

Travel

The streets of Paris will soon be lined with thousands of bikes

It was a perfect Paris moment: The rain cleared, the sky filled with blue, and I was flying across town on a bicycle, past the Louvre, along the Seine River, through a public garden and up a cobblestone market street.

As a tourist in Paris, it's easy to spend at least an hour every day in the Metro, but sometimes you need to come up for air. After taking a test run of Paris City Hall's inexpensive, easy-to-use new bike service, I pledged to spend less time this summer in Paris' underworld and

more time out joyriding.

Starting July 15, more than 10,600 bikes will be posted all over town at 750 stations, and the numbers of both will nearly double by the year's end. The great news for tourists is that City Hall has made sure the service is convenient for tourists, not just Parisians, by offering short-term passes and access in eight languages.

The idea of Velib', as the service is called, is flexibility: You grab a bike from any station around town — they pop up every 330 yards or so — and park it at any other station.

Velib' is Socialist Mayor Bertrand Delanoe's latest effort to make Paris more green and bike-friendly, after ripping up car lanes to install bike paths.

Today, there are 230 miles of bike lanes in Paris, and Paris City

INSIDE

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Frankenfish: Talking about snakeheads | 36

No Copycat: Lavigne denies plagiarism | 38



GO FOR THE CYCLE: Starting July 15, more than 10,600 bikes will be posted for use all over Paris at Velib' stations, shown above.

The great news is that City Hall has made sure the service is convenient for tourists.

Hall says the amount of bike traffic has increased nearly 50 percent since 2001. Paris isn't a paradise for bikers yet, but a ride is no longer the obstacle course it once was.

By launching the bike program,

Paris is following in the footsteps of European cities including Stockholm, Vienna, Barcelona, Brussels and Copenhagen. The German railway system has a bicycle rental program, where you unlock rental bikes at rail stations using your cell phone. In New York's trendy Soho neighborhood, a five-day experiment offering free use of bikes for 30 minutes began July 7.

The first half-hour after you pick up a bike in Paris is always free, with an extra euro tacked on for the first additional half-hour, two euros for the second and four euros for every

extra half-hour from then on.

The sliding price scale, conceived to keep the bikes in rotation, means that if you want to spend a leisurely day riding through the gardens of the Bois de Boulogne, it would be cheaper to rent a bike from a shop.

But if you want to stop at the Louvre, head to the boutiques of the Saint Germain neighborhood for some shopping, and then crash at your hotel in eastern Paris — with the flexibility to take a bus or the Metro instead if you're tired — then Velib' is your best bet.

ANGELA DOLAND (AP)

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Look out



The joy of cooking is central to Pixar's "Ratatouille," which revolves around Remy, above, and his efforts to teach hapless kitchen garbage boy Linguini the art of cooking.

Animated Instruction

Food

There's a chef behind the delicacies seen in Pixar's 'Ratatouille'

Lights, camera ... saffron?

"Ratatouille," Pixar's new film about one rat's dream of haute cui-

sine, came by its acting chops the old-fashioned way, turning to real-life chef Thomas Keller for the inside dish on kitchen kinetics.

Keller's stint as rat-a-tutor was part of an intensive prepping effort that included signing up the Pixar crew for cooking classes and sending filmmakers to dine in fine French restaurants.

The idea was to make sure the computer animation turned the

gourmet goodness cooked up by Remy — the lead rat in the film — into a feast for the eyes.

"It was important that it looked really appetizing," said Kim White, the movie's lighting supervisor. "The food needed to look absolutely as beautiful as it could look."

So, sauces gleam with a rich patina, soups bubble with a palpable zest and chopped celery flies into a pot in a celadon whirl.

"Going into the movie, we knew food was going to be hard," said Apurva Shah, the movie's effects supervisor. "Food is almost the opposite of a lot of computer stuff. It's organic. It's sloppy. It's fluid."

For the chopping sequences, Shah and his colleagues used what they learned from cooking class and watched videos of kitchen work to figure out such things as what kind of marks should be left on the board

and whether to have little pieces of food clinging to the knife. The biggest challenges were the more elastic foods — how to make dough squish and bulge and wine slosh and swirl into glasses.

For Keller, the partnership began some years ago when the filmmakers asked whether they could observe the French Laundry kitchen. "I said, 'Of course!'" Eventually, he was asked to make a version of the film's titular dish and also got a few lines as a restaurant patron. "It was the way I like things to happen; it just became a relationship," Keller said.

The climactic scene in the movie comes as Remy and a host of fellow rats race to make a dish of ratatouille toothsome enough to win over snooty food critic Anton Ego.

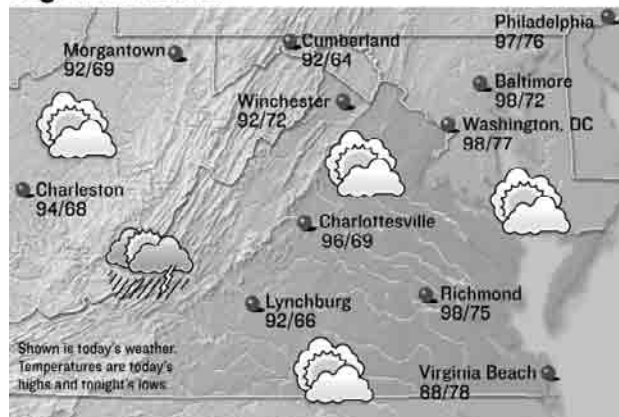
Traditional ratatouille is a rustic vegetable dish, but for the movie, Keller created an elegant, layered version, tasty enough to melt the heart of even the crustiest critic.

For Keller, the ensuing scene in which Ego realizes that great cooks can come from unexpected places resonated personally — "certainly, as a restaurateur, as somebody else who didn't specifically have any formal training, just was very determined to be a good cook," he said. "How he came to realize that it does not necessarily have to be somebody who is a figurehead ... that was an important part for me." MICHELLE LOCKE (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
98°	77°	94° / 73°	88° / 68°	86° / 68°	86° / 72°

Regional Weather



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Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	97°
Low	73°
Normal high	88°
Normal low	70°
Average humidity	42%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.14"
Normal month to date	1.03"
Year to date	15.31"
Last year to date	27.62"
Normal year to date	20.19"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

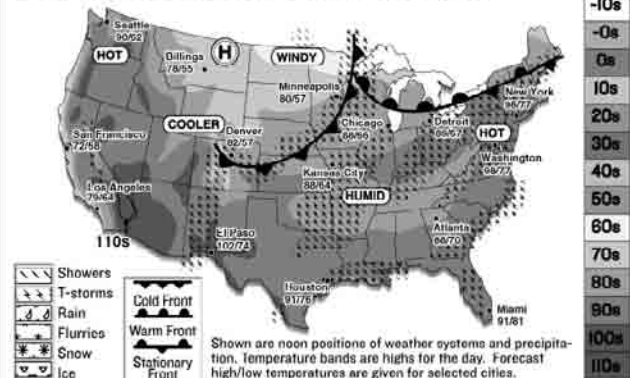
D.C. Metro: Today, partly sunny. High 98. Wind southwest 6-12 mph. Tonight, partly cloudy. Low 77. Wind southwest 4-8 mph. Wednesday, afternoon thunderstorm.

Sun and Moon

Sunrise today	5:51 a.m.
Sunset tonight	8:35 p.m.
Moonrise today	1:48 a.m.
Moonset today	5:11 p.m.

	New	First	Full	Last
	July 14	July 22	July 29	Aug 5

National Weather for Tuesday, July 10



National Cities

City	Today	Wed.
Atlanta	88/70/pc	90/72/pc
Boston	88/70/pc	88/66/pc
Chicago	88/66/pc	78/61/pc
Dallas	92/74/t	91/73/t
Denver	82/57/t	84/60/t
Honolulu	89/77/s	89/77/s
Los Angeles	79/64/pc	79/63/pc
Miami	91/81/t	92/81/t
New York City	96/77/t	91/73/t
Orlando	94/75/t	95/76/t
Seattle	90/62/s	96/62/s

World Cities

City	Today	Wed.
Amsterdam	66/54/sh	68/55/sh
Athens	91/73/s	93/70/s
Berlin	61/48/t	68/46/sh
Buenos Aires	45/39/pc	48/39/s
Calgary	71/51/pc	78/54/pc
Dublin	66/54/pc	68/55/sh
Geneva	59/49/sh	64/47/sh
Moscow	73/55/pc	85/66/pc
Rome	81/55/s	77/57/s
Sydney	59/51/sh	62/47/pc
Tokyo	78/72/r	79/64/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

A Star is Worn

Seen on the runways of Paris: future red-carpet dazzlers

Paris designers looked to Hollywood on Wednesday with elaborate creations that will vie for "best dressed" on the red carpet.

Cate Blanchett lit up the front row at Giorgio Armani's show, held on the third day of the autumn-winter haute couture collections. And French actress Catherine Deneuve and Spanish director Pedro Almodovar showed their support for Jean Paul Gaultier.

London-based designer Roland Mouret made his Paris debut after launching a joint venture with Simon Fuller, creator of "American Idol."

Armani sent out models in crystal-studded dresses and brightly hued feather shrugs in his Prive Collection, which was aimed at a younger customer.

The designer, who will turn 73 this month, said he wanted to blow the dust off haute couture, which provides made-to-measure clothes to a handful of wealthy clients. "The world has changed, including for rich people," he said. "I want these clothes to sell."

For the day, he sent out a chalk-striped fitted jacket with an elegant black satin tulip skirt. For the night, there was a fuchsia pink gown with a stiff folded satin train.

Armani has long been an industry favorite, dressing stars and creating costumes for films. In recent months, Blanchett has become an unofficial ambassador for his brand, wearing Prive to the Oscars and other award shows.

The relationship between designers and stars goes back more than a century, when actress Sarah Bernhardt stepped onstage in a costume designed by Paul Poiret.



Giorgio Armani's fair feathered friend, above; Jean Paul Gaultier's own special brand of madness, right and below.

What started off as a meeting of creator and muse has turned into big business, with some stars rumored to receive large checks in exchange for wearing a designer's creations at high-profile events.

"Some of the celebrity dressing and branding is like fashion payola, like we have in the music industry," said Cameron Silver, owner of the Los Angeles vintage boutique Decades. "You can tell the difference when an actress is in a dress that she loves or a dress that's paying the mortgage."

Mouret does not have the clout of a global fashion brand, but his sensual designs have drawn actresses such as Scarlett Johansson and Demi Moore. "It's because they are people I love as women," said the French-born designer.

He showed 21 outfits featuring the deft draping and bold volumes that have become his trademark.



FRANCOIS MORI/AP



Although shown alongside couture, the ready-to-wear outfits will be available through luxury online fashion retailer net-a-porter.com.

Gaultier banished the hoi polloi with velvet suits and ceremonial

“Some celebrity dressing ... is like fashion payola, like in the music industry.”

CAMERON SILVER, BOUTIQUE OWNER

robes inspired by crowned heads.

He poached from men's wardrobes, pairing military-flavored tailcoats with skintight leggings and thigh-high boots. But there was plenty of evening glamor, too, as models with hair braided into crowns swept past in rippling gowns with lavish embroidered details.

Gaultier has designed tour outfits for Madonna and costumes for filmmakers such as Peter Greenaway, Luc Besson and Almodovar, with whom he worked on "Kika" and "Bad Education." JOELLE DIDERICH (AP)

Hair



The Straight's Dope

Even the wickedest of hairstyles — frizz, curls, beehives a la Amy Winehouse and Marge Simpson — can be tamed by the miraculous **SHEAR GENIUS**, ghd's latest straightening iron (\$240, Sephora). The plates get super-hot, super-fast (it was ready to use about 30 seconds after being plugged in), while the outside surface remains cool to the touch (no burnt fingers!). We used it with its companion product, Thermal Protector spray (\$25, Sephora), on a stubborn case of bedhead, and within 10 minutes had straight, sleek hair that stayed all through the day. And the night. And the next day. ROXANA HADADI (EXPRESS)

Beauty

Plump Fiction

Remember the anti-tobacco ads with a woman smoking a cigarette?

She was drop-dead gorgeous but had blackened, flaking, repulsive lung tissue. That's what's happening with **BOURJOIS PULP ACTION LIP-PLUMPING GLOSS** (\$17, Sephora). The Rose Sexy color goes on silky and looks divine, but get a little closer and the stuff literally tastes like licking an ashtray. Chili pepper extract is supposed to increase blood flow and fatten up the lips, but no such effect was noticeable. Really, kids, just say no. JEN BEASLEY (EXPRESS)



PARIS
Runway
REPORT

LOOK^{*}out Online



readexpress.com

site specifics

ENTERTAINMENT

Nordic Nights

It's a billion degrees outside and only one thing can help: crowding into DC9 on Tuesday to listen to Scandinavian pop—because it's cool. Get it? Natalya Minkovsky and Melissa Gilmore pump the tunes at a DJ night called "Hej Hej." The duo gave us the lowdown before Tuesday night's set. | **ONLINE NOW**



EYE OPENERS

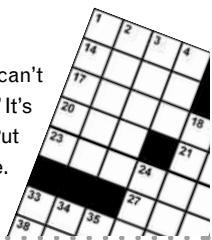
Fix Your Face

What would happen if you crossed a break-dancer, a mime and Michael Jackson's wardrobe from the '80s? The guy in our featured video, who'll teach you how to get your groove on while weirding people out. Watch it on our homepage, bottom right. | **COMING UP**

GAMES

Calling All Wordsmiths

You obsessively circle misspellings in newspapers. You can't understand how someone would misuse "that" and "which." It's all you can do to keep from correcting co-workers' grammar. Put your skills to use by working on our online crossword puzzle. Get to it on our homepage, bottom left. | **ONLINE NOW**



comment board

“More bars means more visitors, and, unfortunately, what's good for business is bad for the residents who struggle every weekend with sleepless nights and removing pizza leftovers, broken glass and other trash from their doorsteps.”

COMMENTER NANOU, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "ARE THERE TOO MANY BARS IN ADAMS MORGAN?"



“Adams Morgan has basically evolved into a free-for-all dump for drunks and those who prey upon them. I used to enjoy going there years ago, but now I don't even set foot there anymore due to the violent assaults and such.”

COMMENTER ROB, WHO ADDED, "THERE ARE PLENTY OF OTHER CIVILIZED PLACES IN THE REGION TO GO TO HAVE A GOOD TIME."

pollcenter

TODAY'S QUESTION

Is Bush right to deny Congress access to his ex-aides?

1. Yes
2. No

YESTERDAY'S RESULTS

Are there too many bars in Adams Morgan?

AS OF 5 P.M. MONDAY. NOT A SCIENTIFIC POLL.



SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

“We're looking at another scorcher. ... [A]fternoon clouds may hold temperatures below the century mark, but the humidity will be ... higher.”

CAPITALWEATHER.COM LAYS OUT THE FORECAST FOR TUESDAY'S HOT, HUMID WEATHER..



DAVID JONES/POOL VIA AP



“FOUR HUNDRED dollar caviar for your hair is just a really, really wise investment. Because before the caviar, her hair looks like regular old hair. But then after the caviar, it looks like, uh, regular old hair that smells like caviar.”

THESUPERFICIAL.COM REACTS TO AN ITEM IN BRITAIN'S DAILY MAIL ABOUT HOW CATHERINE ZETA-JONES HAS CAVIAR IMPORTED TO WASH HER HAIR, ALONG WITH A TRUFFLE-BASED SHAMPOO.

“Impeachment says the president has overstepped the Constitution. And this president has done that. It is imperative to impeach him. It is, indeed, the duty of Congress to impeach him.”

A COMMENTER AT **EZRACLEIN.TYPEPAD.COM** URGES THE REMOVAL OF PRESIDENT BUSH.

“[NO], [MICHAEL] MOORE isn't always even-handed in his comparisons; but he gets his point across, even if you're watching the movie critically. It really makes you want a sea change in the way health is managed in this country, along with finding a way to change the broken government lobby machine.”

SOURNSWEET.COM CRITIQUES MICHAEL MOORE'S MOVIE "SICKO."

“RUN, CINDY, RUN. And if you win this House seat, turn your sites on [Sen. Barbara] Boxer when she stands for re-election. After all, the House is too crowded of a place for the self-aggrandizing and introspectively challenged.”

A COMMENTER AT **REDSTATE.COM** URGES ANTI-WAR ACTIVIST CINDY SHEEHAN TO RUN AGAINST REP. NANCY PELOSI, WHICH SHE HAS SAID SHE IS CONSIDERING.

Discussions

Snakehead Fever

Post staff writer **DAVID FAHRENTOLD** was online Monday and discussed the snakehead phenomenon.

In previous articles, you discussed the efforts of various groups to keep the snakeheads from multiplying in the rivers in the D.C. area. Given that the two fishermen in your article want to turn snakehead fishing into a business, does that mean the efforts to control the snakeheads are not effective? You're right to suppose that everyone's pretty much given up hope

that the Potomac's snakeheads can be eradicated. There are just too many over too much of the river now to have any hope of getting them out. What's uncertain, though, is the role they're going to play in the Potomac's ecosystem.

It appears that the snakehead fish have sharp teeth. Is there a threat of people being bitten?

There certainly is a threat that people will be bitten by the fish, though a snakehead's teeth face backward, and they're designed mainly to keep prey from getting back out after they've been swallowed. But they could be trouble for fishermen trying to unhook a lure, or anybody else who chooses

to put his or her fingers in a snakehead's mouth.

I've read that overfishing has caused the demise of preferred species. Why can't the government or fishing groups just fish this species out?

Overfishing: It's never around when you really need it. At this point, it doesn't seem likely that snakeheads will be fished out of the Potomac. The government doesn't have enough money, and the private sector doesn't have enough interest.

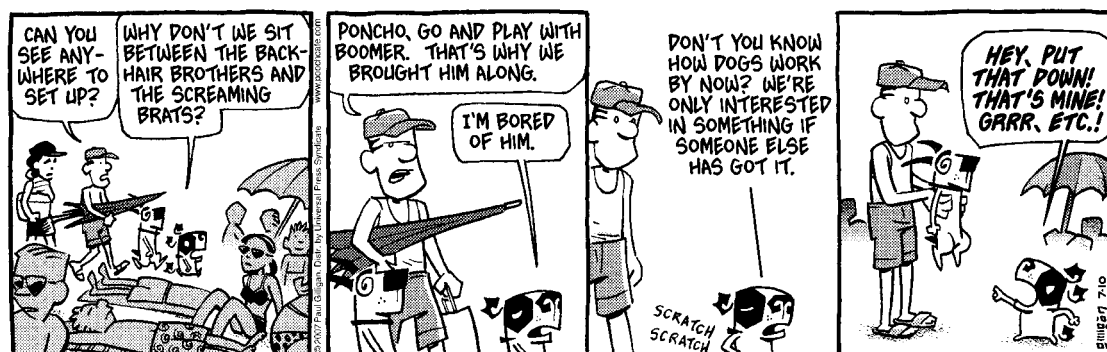
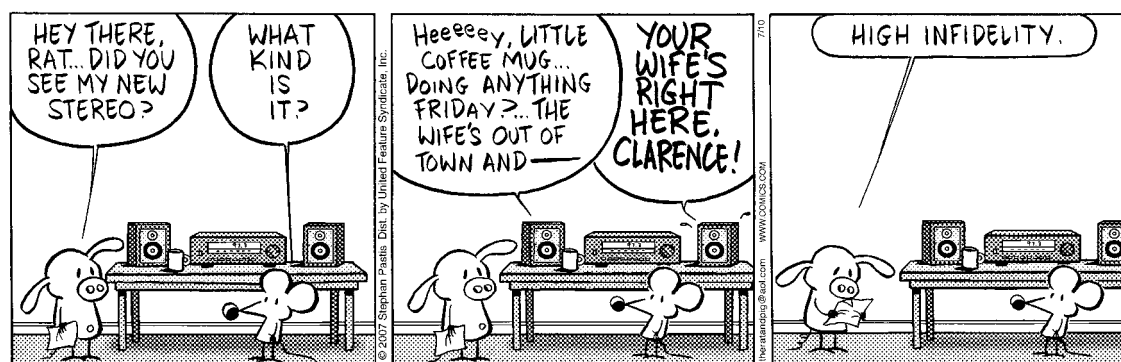
TODAY ON DISCUSSIONS: Capitalweather.com's Steve Scolnik will be online to field your comments about the heat at 2 p.m. | washingtonpost.com/discussions.

DO

GET YOUR PICNIC BASKETS READY. In addition to the summertime tradition of Screen on the Green on the National Mall, three other film festivals will be held in July and August. Bethesda, Md. will host 'Stars on the Avenue' and the Comcast Outdoor Film Festival, which will also be held in Alexandria, Va.

Bizarro | Dan Piraro

Cornered | Mike Baldwin

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

CANCER (June 21-July 22) There's a difference between saving and hoarding — and it's important you do one and not the other if you're to remain in balance.

LEO (July 23-Aug. 22) You'll be more interested in doing things for others than in having things done for you. Perhaps you feel you don't deserve pampering.

VIRGO (Aug. 23-Sept. 22) What you're after may seem remote and out of reach, but someone close to you can make it happen for you in no time.

LIBRA (Sept. 23-Oct. 22) What you say will be remembered, so it's best to stick to the truth at all times. You can't afford to be caught in a lie.

SCORPIO (Oct. 23-Nov. 21) You can't expect to have everything you want — especially not all at the same time. Like it or not, you'll have to pick and choose.

SAGITTARIUS (Nov. 22-Dec. 21) Your natural charm will serve you well, but you must take care you don't cross

the border into manipulation. Be simple, honest.

CAPRICORN (Dec. 22-Jan. 19) There's no reason for you to think the day will offer anything more in the way of glamour than you're used to. Image is what you make it.

AQUARIUS (Jan. 20-Feb. 18) Some may think you're being boring, but you are centered and focused on a particular endeavor, not to be distracted.

PISCES (Feb. 19-March 20) You're the kind others will want to turn to if things get rough — and you can expect to be contacted on a new level after dark.

ARIES (March 21-April 19) Watch over your finances with greater vigor and discipline. You want to keep yourself from making the kind of error that can be a setback.

TAURUS (April 20-May 20) Other people will feel they can turn to you for advice or guidance. Are you feeling up to the task? Do you need someone to lean on?

GEMINI (May 21-June 20) Focus on that which is solid and reliable. You don't want to get mixed up in any plans that have been put together in a random manner.

Letters

More Than Meets the Eye

I WOULD LIKE to express utter disappointment in the continuous printing of negative articles/statements pertaining to the highly anticipated and well-worth-the-wait "Transformers" movie ("Ads in Disguise," July 3). The graphics in the movie are second to none, while the story line is true to the original cartoon

and quite interesting, to say the least. I must admit that there are some shameless plugs for Pontiac, but these plugs are surpassed by the humor and visual effects of the movie.

—ERICA WEBSTER
Silver Spring, Md.

Correction:

An item in Monday's paper incorrectly stated that the Edward Hopper fall exhibit will be at the Corcoran. It will be at the National Gallery of Art, 4th Street and Constitution Avenue SW.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1850 Vice President Millard Fillmore assumes the presidency, taking the oath of office following the death of President Zachary Taylor.

1919 President Woodrow Wilson personally delivers the Treaty of Versailles to the Senate and urges its ratification.

1940 During World War II, the Battle of Britain begins as Nazi forces started attacking south-

ern England by air.

1985 Bowing to pressure from irate customers, the Coca-Cola Co. says it will resume selling old-formula Coke, while continuing to sell New Coke.

1991 Boris N. Yeltsin takes the oath of office as the first elected president of the Russian republic.

2006 A section of ceiling in Boston's Big Dig tunnel collapses, killing a car passenger.

PostPoints DAILY CODE **M Z**



MARK AVERY/AP

No one will know how normal Posh is if cameramen don't document it.

NORMAL 'I'm Just Like You All, Only Skeletal and Orange'

VICTORIA BECKHAM insisted Monday that she's "just a normal girl from London" who happens to be "living quite a surreal life" with David Beckham and their three boys. Americans can judge for themselves in a one-hour NBC special, "Victoria Beckham: Coming to America," airing July 16. "People really get to see what I'm really like. I have quite a dry sense of humor," said Beckham. She said her family was "so excited" about relocating that her boys "actually think they're moving to Disneyland." (AP)

OFFSPRING 'Once Upon a Time, a Baby Badly Disrupted His Mommy's Career ...'

TONI COLLETTE confirmed Monday that she's pregnant. It will be the first child for the 34-year-old Australian actress and her musician husband, Dave Galafassi. "We are completely over the moon," she said. "It is strange the last three films I've done I have been pregnant," said Collette. "I'm just like, what is the universe trying to tell me?" She added: "But I think everything happens when it's meant to." (AP)



FRED DUFOUR/AFP/GETTY IMAGES

"I will still love my ill-timed children."



SHAUN CURRY/AFP/GETTY IMAGES

CONFUSION

'When Was 1979?'

AVRIL LAVIGNE denies a claim by a 1970s rock band that her hit "Girlfriend" rips off one of its tunes. Songwriters Tommy Dunbar and James Gangwer allege that Lavigne lifted her hit "Girlfriend" from their "I Wanna Be Your Boyfriend," performed by The Rubinoos on their 1979 album. "We are not so naive as to chalk it up to some sort of cosmic coincidence," said Dunbar. (AP)



ALEX BRANDON/AP

Beyoncé herself is quite the firework.

FIREWORKS 'We Got to See Beyoncé With Our Remaining Eyes!'

Two people injured when pyrotechnics went awry at **BEYONCÉ KNOWLES'** concert in St. Louis received a surprise emergency room visit from the singer. The accident happened Sunday night, causing minor injuries. Soon after the concert, Knowles arrived at the hospital. (AP)

PAYCHECKS Broadway Once Again Haven For Unemployed 'N Syncers

LANCE BASS will join the Broadway cast of "Hairspray" on Aug. 14. The former 'N Sync boy band member will portray TV dance show host Corny Collins, a role modeled after legendary Baltimore disc jockey Buddy Deane. Fellow bandmate Joey Fatone also performs on Broadway. (AP)

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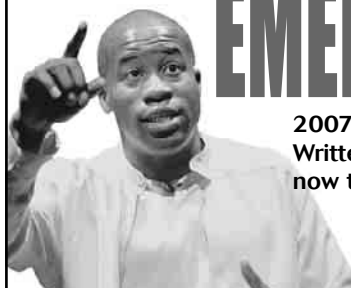
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ACROSS

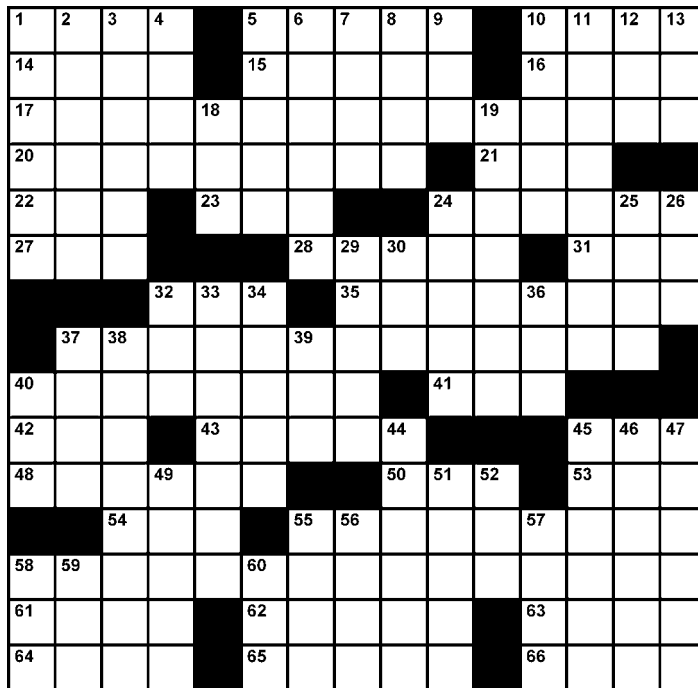
- 1 Ponderosa boy
5 In confusion
10 Made payments
14 Greek letter
15 Word with the starts of 17-Across, 37-Across and 58-Across
16 Chinese dynasty
17 Activity for couples
20 Places of prayer
21 Not safe
22 "___ the season ..."
23 Asian ox
24 Anxiety cause
27 Unit in tennis
28 Savory jelly
31 Sound of awe
32 Computer key
35 Rooster's ideal location
37 Mozart opus
40 Down Under animal
41 Approx.
42 Unit of energy
43 Greg Norman's turf
45 Yankees uniform item
48 Orderly displays
50 "Wheel of Fortune" purchase?
53 Argentina's Peron
54 Tool for shaping wood
55 Every now and then
58 Robert Young

DOWN

- 61 Word form for "Mars"
62 Pre- and neo-ending
63 Division word
64 CD word
65 Muscle weakness
66 Galactic bit

DOWN

- 1 Monastery
2 Honeybunch
3 "Finally!"
4 Soda shop offering
5 The heart of ancient Athens
6 Russian carriage
7 Identical
8 NFL positions
9 Toothpaste
10 Take place
11 Desk drawer item
12 Indefinite time period
13 Burrowed
18 Siegfried's partner
19 Record-keeping cuts
24 Inasmuch as
25 Not that great
26 Boat pronoun
29 Nudged awake
30 Bic item
32 Present attachment
33 Scan thoroughly
34 Natasha's mate
36 Food scrap

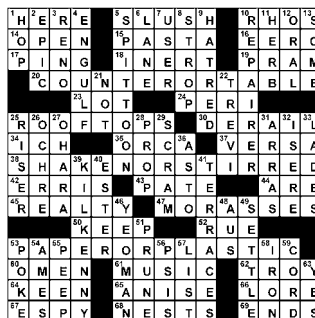


EDITED BY TIMOTHY E. PARKER

- 37 Henry VIII's last wife
38 Unappreciative ones
39 Swindle
40 New Zealand parrot
44 From Pago Pago
45 Sidewalk material
46 Prayer book of Zoroastrianism
47 Church figure
49 Committee type

- 51 Word with "wed" or "married"
52 "___ a girl!"
55 Game with 32 cards
56 Fully aware
57 Wading bird
58 Mood rings or the Macarena, once
59 Onassis, to friends
60 Cell component utterance

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

8	1	2	7	5	4	9	6	3
6	9	5	1	2	3	8	7	4
3	7	4	9	8	6	5	2	1
7	4	8	2	1	5	3	9	6
9	5	1	6	3	7	2	4	8
2	3	6	8	4	9	1	5	7
1	8	9	4	6	2	7	3	5
4	2	3	5	7	8	6	1	9
5	6	7	3	9	1	4	8	2

	5				4	
9		2		5		1
3						8
	2		6	7		3
6			2	9		5
	3		4	5		8
2						7
1		7		6	4	9
	6				1	

© PUZZLES BY PAPPOCOM

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PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCABARO | DEPUTY EDITOR—GREG BARBER
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COPY CHIEF—AIMEE GOODWIN | PRODUCTION COORDINATOR—MATTHEW LIDDI | PHOTO ASSISTANT—CHRIS COMBS | PHOTOGRAPHER—MARGE ELY | PUBLISHED BY
EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY | TEL: 703-469-2800 | FAX: 703-469-2831
CIRCULATION: 202-334-6992 OR CIRCULATION@READEXPRESS.COM | ADVERTISING: 202-334-6025 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200



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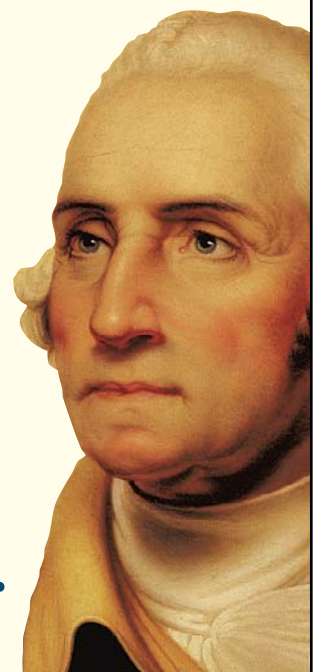
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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Please Back Away From the Boyfriend

Q I'm an average-looking, slightly overweight woman who happens to have a very attractive boyfriend. The relationship is great; I feel secure and loved for who I am. The problem is, people often flirt with him in front of me. I can tell they assume he must not be "with" me, even if he has his arm around me! This makes me very mad and sometimes insecure. Help! — ANONYMOUS

You don't say anything about how your boyfriend responds to these encounters, but I'm betting that's where the juice is in terms of your emotional reaction. Clearly, if he's participating in the flirting — arm-possession or not — that's where



the problem lies. But even if he's unknowingly aiding and abetting because he's too polite or too oblivious, then you need to have

a talk. One-sided flirting with a guy who's making it clear he has eyes only for his girlfriend — who is standing right there — is not

fun for anyone. By talking with him privately, you can help him understand why it's important to you that he take a bit more charge in these situations.

If he's clearly been making these come-ons unwelcome, I wonder if you're being oversensitive (after all, a woman's allowed to have a friendly conversation with a guy). Or perhaps you're being too timid to make the conversation a joint one, or you really are experiencing insecurities about not being "good enough" for this guy — and are viewing everyone as an eyelash-batting predator.

Q I've been married for more than 20 years, and in the last 10, the lack of effective communication with my wife has caused me great distress. We visited two marriage counselors, without progress. Before taking steps toward divorce, I'd like to give counseling one more try. Can you recommend someone? — "ABE LINCOLN"

I don't usually suggest specific practitioners due to a conflict of interest (and the risk of being inundated with summer-sausage-laden gift baskets). Plus, it's difficult for me to see what went wrong with the counseling that you did have. I believe therein lies the key to making the right choice.

You might consider a more cognitive-behavioral couples therapist, who will focus on week-by-week progress, making the gains more tangible right away. Set up a consultation and explain right off the bat the frustrations you had with your previous counselors. If the new person can't give you a specific rationale about overcoming these frustrations, try someone else.

If you and your wife are truly willing to work on this, then there is most definitely a therapist who can make progress happen. You'll just have to do a little legwork.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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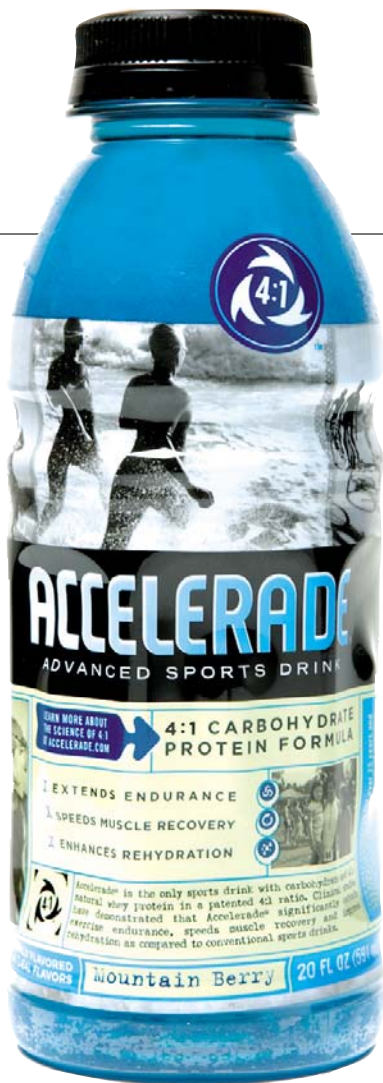
Trail of Tunes

LOVE ROCKING OUT while biking? That affair will end as soon as you get knocked down by a car you didn't hear approaching from behind. Groove more safely with the iHome Bike to Beach Bicycle Speaker for iPod (\$99, ihomeaudio.com). It clamps to your frame and comes with a remote to stick on your handlebars. Annoy everyone on the trail, but don't die.



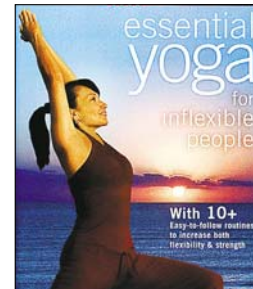
Whey to Go, Drink

ONE THING WILL never change about sports drinks: They will always embrace the suffix "ade." The latest in the ade parade is Accelerade, which comes in four flavors, each juiced with a 4:1 carb-to-whey protein formula that's supposed to extend endurance, hasten muscle recovery and boost hydration. All we know is that citrus grapefruit is the tastiest of the bunch.



Working Stiff

NO ONE WOULD CONFUSE you with Gumby, but that doesn't mean you can't get your yoga on. "Essential Yoga for Inflexible People" (\$19, bodywisdommedia.com) promises to make non-stretchy types stronger. By using a chair and modifications, instructor Maggie Rhodes s-l-o-w-l-y shows how basic poses (Sun Salutations, Warrior 1, Triangle) are doable.



Check Mate

ANYTHING NAUGHTY is permissible in 100-calorie doses, which is why Pepperidge Farm is smartly packaging three of its cookie brands in pouches that keep diets in line. Chessmen, Chocolate Chessmen and Chocolate Chunk cookies (\$3) come in mini versions so you get 10 pop-able pieces, instead of the 2.5 you'd get of their larger brethren. And who needs more, right? That's what we tell ourselves, anyway.

PRODUCTS

GuineaPig



Resting Piece

IN HIS WAKING HOURS, the guy we're legally bound to is charming and human. At rest, he turns into the Warthog Monster of Purgatory, a snoring, snorting creature who keeps us from catching zzzs. The Sona Pillow (\$99, brookstone.com) purports to end such he-sleeps-she-stews problems by helping to staunch snoring.

Developed by a neurologist, the wrapped-candy-shaped thing boasts winglike tilted sides and a raised middle. The idea? Lord or Lady Sawing Wood snoozes on his or her side, noggin resting on one of those downward-slanted wings, which are angled to keep jaws open and snoring silent. Our Warthog, er, tester complained the overstuffed thing gave him a neck cramp and made him feel like he was slumbering on a dwarf. "I snored less, but I also slept less," he kvetched. Still, three blissful nights of beauty rest later, we're keeping the Sona—and our husband. JENNIFER BARGER (EXPRESS)

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Master Spanish Steps

Pick up kickboxing en espanol to learn how to fight in any tongue

Ronald Alegria's "Kickboxing en Espanol" classes at the Gold's Gym Silver Spring aren't offered so much in Spanish as they are in mime.

The not-for-the-faint-of-heart (or lungs, or legs) sessions aren't targeted toward Spanish speakers — that just happens to be the language in which Alegria is most likely to yell.

Alegria, who's taught the class for about a year and half, hails from Peru, where he taught martial arts for 15 years; he got into the aerobics game to gain "more hours, more students." But because his English communication skills were what some might call "minimal," the gym billed it as a language-immersion experience. At first, he mostly attracted Spanish speakers, but now it's a mixed crowd. In a class of 20, Alegria estimates that less than a quarter are fluent in Spanish.

Since Alegria still has only limited English-speaking skills, much

of the class is conducted simply to the beat of the music — which is nice for anyone sick of over-perky instructors and their constant encouragement. Here, there's only an "Ahora!" to start a combination. Alegria will either yell "OK!" to get your attention or kick something. "If you can't understand," he says, "just follow me."

Since most of the students seem familiar with kickboxing or aerobic moves, the language barrier never seems to be a problem, although first-timers may have trouble copying the more complex steps. (Just remember: The word "rodilla" means "knee.") Sometimes the counting is done in English, sometimes in Spanish. Alegria encourages the class to count along, which can make for an amusing mix of "siete" and "seven" being called out at the same time.

And if you're really confused, don't worry. Alegria is an energetic teacher who floats around dis-

tributing individual attention and encouragement, even if it's limited to a thumbs-up.

Apparently, exercise isn't so different in Peru. After a pretty typical warm-up, the class moves on to martial-arts inspired kicks and

Don't know Spanish?
Being fluent in mime is just as useful.

punches. The moves build on one another; you'll advance from a basic jab to jab-uppercut to jab-uppercut-kick, and on and on. There's no sparring, but at some point Alegria comes to everyone with a big pad to kick. Demonstration is key, but few students can match Alegria's feats, such as leaping up and kicking at a bar that's six feet off the ground.

At a recent class, first-timer Heidi Kutcher initially said she didn't know Spanish, but then amended it to "I used to work in a restaurant, so I can curse people out." Kutcher took the class on a recommendation from a friend, since she just quit smoking and is "looking to get healthy." Despite her expletive-only Spanish vocabulary, any difficulties in the class came from being new to the moves, not due to the language.

Amy Holman has been taking the course since before Alegria taught it. Although she is fluent in Spanish and has used it professionally, the fact that the class was offered in the language was entirely secondary to her: "I just come for the workout." Over the past 18 months, she's noticed that, as Alegria's English has improved, he's inched away from his native tongue. But it hasn't changed the class for her at all. "I'd come if they taught it in Hungarian," she says.

KRISTEN PAGE-KIRBY (EXPRESS)



WORLDLY WORKOUTS

Punching the air in Silver Spring might just be the closest you're getting to Ibiza this summer. But if your future holds actual foreign travel — by plane, not by Metro — you can find a way to work out even if your language skills are lacking.

→ **At Gymvisit.com**, simply pick your international destination from a list of more than 60 to check out what's available in the database. Some places are better represented than others; Bulgaria has just three gyms on file, while D.C. alone has nine. But the site's a handy way to target some of the nicer facilities, and it lets you know what kind of equipment, amenities and classes you can expect. As a bonus, a handful of gyms in far-flung locales offer discounted day passes for folks who discover them through the site.

→ **If you'd rather** book a room at a hotel boasting a partnership with a fancy fitness facility, look no further than Fitforbusiness.com. The independent site aims to drive its readers to only the best health clubs — and the lodgings they need to stay in to exercise at them. It's much less comprehensive for overseas travel than domestic, with just eight foreign countries listed. But if fitness fanatics end up in Shanghai, they can spend their nights at the Regal International East-Asia Hotel to score privileges at the Shanghai International Tennis Center (10 courts, a junior Olympic-sized pool, etc.).

→ **And if lacing up** your sneakers is all you want to do, you can find a jogging route just about anywhere at Runtheplanet.com, where visitors log recommended trails. By anywhere, we mean even Antarctica (there are 16 routes listed). We're not sure which language the residents speak there, but you don't need to know it to get going. VICKY HALLETT (EXPRESS)



Sign up for the next five-week session, starting July 12, at francedc.org, or by calling 202-234-7911 (\$70, Thursdays at 7 p.m.).

Poses à la Paris

French yoga stretches students' bodies, vocab

Most French classes at the Alliance Francaise involve sitting at a desk, not on a mat. But for students who want to work on expanding their awareness along with their vocabulary, the cultural center offers a unique language-learning environment: Kundalini yoga.

Dim lighting and silky tunes transform an ornately decorated space — adorned with both French and

American flags — into an ad hoc yoga studio. On a raised platform at the front is instructor Brigitte Pichot, who began her yoga studies 30 years ago in Paris. She started offering her teachings through the Alliance in 2001 after originally working there as a librarian.

Although it's listed in the course catalog under French classes, the idea isn't to learn verb conjugation by practicing plank pose. Rather, it's geared

toward people who already have a firm grasp of the language. The lessons are a chance for them to explore Kundalini, a form of yoga that relies on movement, breath and chants to facilitate a better mind-body connection. Although you don't need a background in Kundalini to master the moves, that helps, too.

Each aspect enhances the other, says Adams Morgan resident Ruben Lubowski. "The class helps me prac-

tice French, but it actually helps with the yoga because it puts me in a different state of mind," he says.

Kim Enger, who's been practicing with Pichot for more than five years (and has taken yoga in English as well), has found that the French version allows her to separate herself further from her daily life. Plus, it has vocabulary benefits: "I've learned expressions that you would never learn in a million years in a French class."

The idea isn't to learn verb conjugation by practicing plank pose.

The poses themselves are basic yet strenuous and last five to seven minutes each — Pichot whips out a stopwatch to make sure. First, she demonstrates each move to the class — like child's pose with hips swinging from side to side, and a modified boat pose with backs touching the ground. Then she rotates through the studio, helping students who need either physical or psychological support. Every pose within itself includes a warm-down breathing routine, allowing students to "come back to Earth" after intense concentration.

If one wanted to play copycat, a non-French speaker could probably follow along, says Jacqueline Wonsky, a French schoolteacher. "But you wouldn't really feel comfortable, because you wouldn't be able to understand the emotion and the spirituality behind it."

So, don't expect to let your brain check out just because you're exercising. This hour and 20 minutes of "om"-ing is much more taxing — and rewarding — than a dialogue about what to order at a café.

CLINTON YATES (EXPRESS)

THE EXPERTS

The Misfits

Start Smart

Q I have been battling a chest cold and have not been able to work out for a week. Will this set me back a lot? What is the best way to get back into it?

— TAYLOR

As anyone who's ever spent a week slurping mai tais instead of sling-ing weights can attest, a week off of exercise can make you feel like a useless blob. It's worse when your body has been at war with infection, says James Dreese, team physician for the University of Maryland Terrapins.

How much worse depends on how much hacking, dripping and aching you've been doing. Be sure to down enough calories and fluids or you won't recover as quickly, and that return to exercise will be extra painful. Once you're ready to face the world again, don't immediately revert to your pre-bug routine — unless you want to spend another week on the couch. Ease into it, Dreese advises, and avoid running. "Standing, weight-bearing exercises can tire you quickly," he says. Instead, he suggests sitting on a recumbent bike to gauge what you're capable of. Let your body's fatigue tell you how far to push yourself, and you'll be back to normal within a few sessions.

Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the MisFits at fitness@washpost.com.



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Franchised Dance Studios ©1999 AMI

You Could Be in Videos

This rocking dance class prepares students for their MTV debut

Most workouts felt a little too Jane Fonda for J. Marcos, a Miami-based hip-hop dancer who wanted to get his heart rate up without feeling cheesy. "I was fed up with what I saw when I went to exercise," he says.

So, three years ago he developed his own sweat fest: Videosync, which is based on his experience dancing in music videos and at award shows. Marcos and his creation visit downtown D.C.'s Sports Club/LA every two months (including this weekend), but those craving a more frequent fix will have to wait until fall, when he releases his first DVD.

**Work
it Out**

WHAT IT IS: "It's a nightclub environment without the sleaze," says Marcos, who started out on the set of Mary J. Blige's "The Real Love." It blends dance-style steps with the calorie burn of an aerobics class. Add in quality, contemporary tunes and you get the idea. "The purpose of the class is to escape and go somewhere mentally so that you forget you're even in the building," he says.

MOVES: Marcos' choreography is quick to pick up but will still make students feel like they could keep up with J. Lo. Expect strong movements with lots of high-energy hip swinging and attitude. Unlike tra-

ditional classes that focus on one routine, with each song, Marcos instead offers a short combo that meshes with the music. Students will repeat phrases they've learned

"The purpose of the class is to forget you're even in the building."

throughout individual songs so that they can mimic "the synchronization they see in a video when everyone busts out dancing in café," Marcos says.



No, just taking dancer J. Marcos' class won't make you smolder like him.

WORKOUT: To help folks "shake off the newness" of the class, Marcos warms everyone up with familiar radio hits with a fast beat. Then for an hour he mixes it up so students get down to everything from Justin Timberlake to Sting. Like a video, the class builds up in pace and intensity before coming down. The half-hour cooldown includes some toning and strengthening, too.

CROWD: The Washington, D.C., class draws a more intellectual crowd than the classes in party cities like Las Vegas or Miami do. More cerebral musicians, like Billy Joel, play better with this gang, and he needs to jump around more to pump the students up. But a cadre of male and female loyalists run the gamut in ages and professions. They just all like to get down. RENUKA RAYASAM

Marcos is holding court at the Sports Club/LA (1170 22nd St. NW; 202-974-6600, thesportsclubla.com) Fri. 6:30 p.m.-8 p.m., Sat. 10:30 a.m.-12 p.m., Sun. 10:30 a.m.-12 p.m. Non-members pay \$25.

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| THE EXPERTS

SkinDeep



Mouthing Off

Q I get a lot of painful canker sores. What can I do to prevent them?

WITH ALL OF THE advancements in medical science, "We still don't know what causes canker sores," said Springfield dermatologist Robert DeAngelis. "In the old days, they thought they were due to hypersensitivity, particularly strep." We do know what they are, though. Canker sores are an ulceration on the inside of the mouth, lip, cheek or tongue. The technical name is aphthous ulcer; if you're fortunate enough to have multiples, you can amaze your friends and call them apthae.

The little monsters typically go away on their own within a couple of weeks. For pain, "I treat it with a topical cortisone cream that sticks to the mucous membrane, and sometimes an antibiotic," said DeAngelis. Over-the-counter products will soothe, not treat. And keep an eye on the thing. "Sometimes aphthous ulcers in mouth can be associated with genital ulcerations, and that can be a sign of a more serious problem." If it lasts more than two weeks, check with your doctor. LYNN THORNE

Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.

VITALSTATS

84

THE PERCENTAGE OF THE 780 SUNSCREENS TESTED WHOSE PROTECTION THE ENVIRONMENTAL WORKING GROUP DEEMED INADEQUATE.



BURN, BABY, BURN: Home laser treatments are becoming all the rage for hair removal, hair regrowth and removing pesky acne.

The Lasers' Edge

Take home the power to heal with waves of light

Laura Beard was flipping through a women's magazine when an advertisement caught her eye. It sounded simple enough: Aim a laser at individual blemishes — in the privacy of one's home — and the skin will clear up within a day or two.

The cost, \$150, gave her only slight pause. If the device worked, it would save her the time and money she spent on acne treatments and dermatologist visits for herself and her daughter. "This sounded so positive," says the 53-year-old Memphis woman.

With the evolution of laser tech-

nology, do-it-yourself personal care has entered a new realm. Consumers can now calm acne flare-ups, plump facial wrinkles and restore thinning hair with a variety of handheld devices. Others in development could treat superficial wounds, relieve pain and remove body hair.

Home hair and skin appliances using lasers or, in some cases, heat, can spare consumers from tiresome trips to the doctor's office and may be less costly, over time, than monthly in-office facials and hair treatments. But they won't work the same kind of magic that can be conjured up with more high-powered tools. And some may even be a waste of money.

"If people are trying to treat mild conditions, it may help," says Harold Brody, a clinical professor of dermatology at Emory University in Atlanta. "But if it's something severe, they will need the help of a dermatologist."

Lasers release a special form of light in a single wavelength; by contrast, normal daylight consists of varying wavelengths. Hot lasers, the kind used by health professionals in the treatment of skin resurfacing and tattoo removal, are high-energy devices that cause heat damage to the skin, triggering a healing response.

Cool lasers are sometimes called

low-level lasers or low-level light therapy. This type of laser doesn't damage tissue and is safe to use at home. They work by passing a beam of light through the skin to reach cells below the skin's surface and stimulate the body's natural healing processes. Energy produced by cool lasers appears to prompt the production of collagen and ATP (the energy source needed for cellular functions), promote blood circulation and boost the release of growth factors and the removal of waste products from cells.

"I sincerely doubt any of these things are so aggressive that they would produce side effects," says Brody. "But the effectiveness is going to be mild, too."

Consumers may think that Food and Drug Administration clearance means the devices work similarly to those used by doctors. But FDA clearance of this type means only that the manufacturer has submitted some data showing effectiveness for the device's intended purpose. Usually, this means the device is based on similar, proven technology. Devices that do not have FDA clearance may only be proven as safe.

But not every light-based hair

"You can sell [the lasers]. But that doesn't mean they work."

and skin device has received FDA clearance.

"Consumers need to ask enough questions to make sure what they are getting is truly efficacious," says Dr. Mark Solomon, a plastic surgeon in Philadelphia and spokesman for the American Society of Plastic Surgeons. "Over-the-counter devices don't hurt anybody, so you can sell them. But that doesn't mean they work."

And even if they do, consumers should still seek a doctor's advice for persistent skin or hair problems, Brody says. A home device could lighten a skin lesion that is actually melanoma skin cancer or remove scaling skin, the symptom of another type of skin cancer.

"Safety is paramount," he says. "You don't want to delay a diagnosis." SHARI ROAN (LOS ANGELES TIMES)

Clearing Up the Facts on Acne Blasters

■ The two home-based laser acne devices on the market — ThermoClear and Zeno — are not meant to help prevent acne or improve chronic acne, but simply to treat existing blemishes. Both are based on laser technology used by dermatologists and use controlled bursts of heat. Most dermatologists think the devices are handy for people who want to treat the occasional, untimely pimple. The burst of heat, which isn't painful, destroys the bacteria in the pimple and helps the skin heal faster.

Zeno, the first device to receive FDA clearance, in 2005, clears 90 percent of blemishes in 24 to 48 hours, according to its manufacturer, Houston-based Tyrell Inc. ThermoClear will heal acne two to four times faster than normal (normal varies among individuals) than if left untreated, according to its manufacturer, Therative in Livermore, Calif. The devices don't work on blackheads, whiteheads or cystic acne.

Both Zeno and ThermoClear cost about \$150. No studies have been done comparing the devices with topical or oral acne treatments. S.R.





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